

Section III

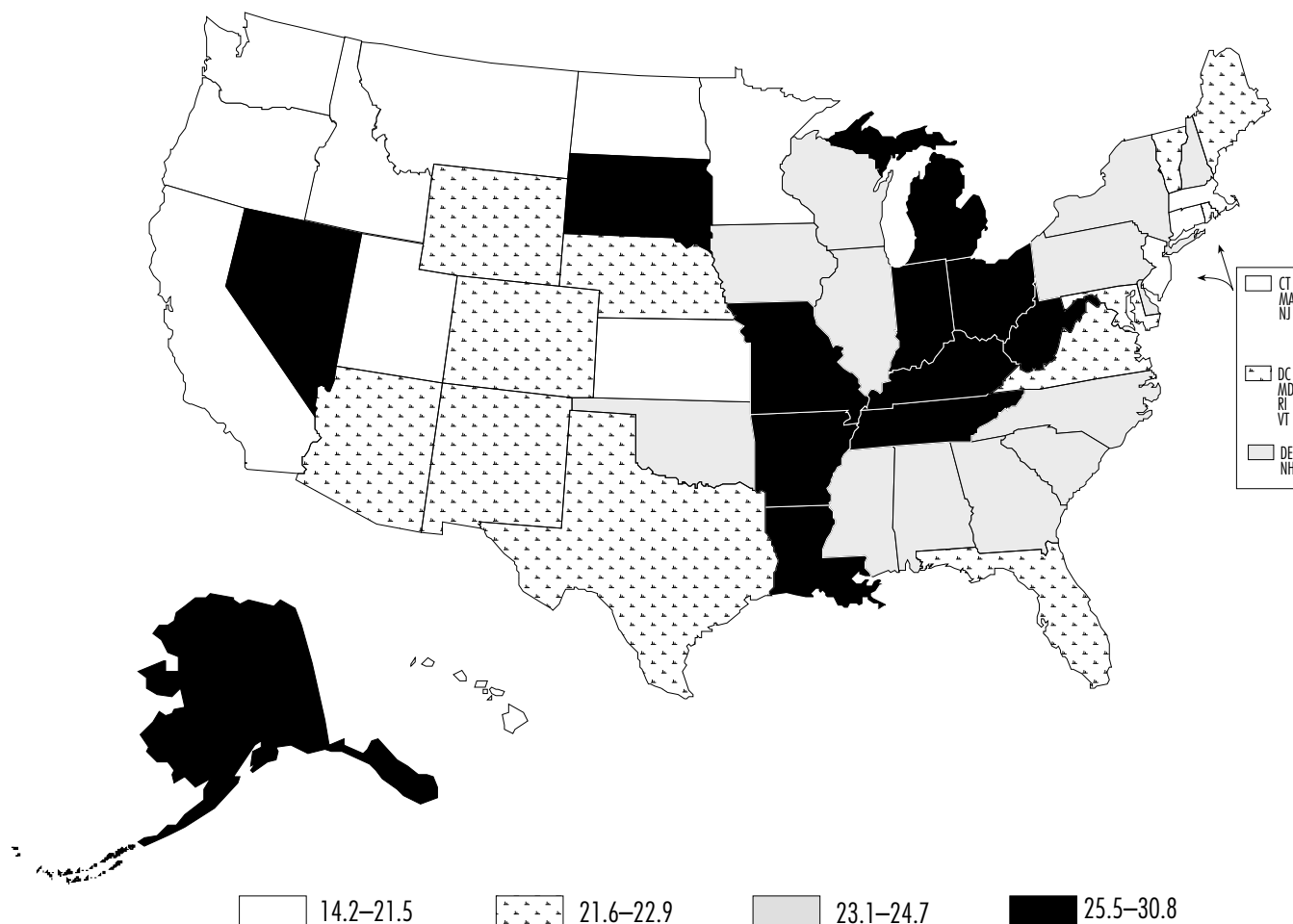
Risk Factors and Use of Preventive Services

Cigarette Smoking Among Adults

Tobacco use is the single most preventable cause of death and disease in the United States. Tobacco use increases the risk for lung and other cancers and for cardiovascular and respiratory diseases. Smoking cessation has major and immediate health benefits for men and women of all ages, regardless of whether they have a smoking-related disease.

- The American Cancer Society estimates that cigarette smoking is responsible for one of every five deaths in the United States, or more than 430,000 deaths per year.
- If current smoking patterns continue, an estimated 25 million people alive today will die of smoking-related illnesses.
- The prevalence of cigarette smoking among adults in the United States in 1998 ranged from 14% in Utah to 31% in Kentucky.

Percentage of Adults Who Reported Cigarette Smoking,* 1998



*Ever smoked at least 100 cigarettes and now smoke every day or some days.
Source: CDC, Behavioral Risk Factor Surveillance System.

Percentage of Adults Who Reported Current Cigarette Smoking,* by State Rank, 1998

Rank	State	Percent	Rank	State	Percent
1	Kentucky	30.8	27	Colorado	22.8
2	Nevada	30.4	28	Wyoming	22.8
3	West Virginia	27.9	29	New Mexico	22.6
4	Michigan	27.4	30	Rhode Island	22.6
5	South Dakota	27.2	31	Maine	22.4
6	Missouri	26.4	32	Maryland	22.4
7	Alaska	26.1	33	Vermont	22.3
8	Ohio	26.1	34	Florida	22.0
9	Tennessee	26.1	35	Nebraska	22.0
10	Indiana	26.0	36	Arizona	21.9
11	Arkansas	25.9	37	Texas	21.9
12	Louisiana	25.5	38	District of Columbia	21.6
13	South Carolina	24.7	39	Montana	21.5
14	Alabama	24.6	40	Washington	21.4
15	North Carolina	24.6	41	Connecticut	21.2
16	Delaware	24.4	42	Kansas	21.1
17	Mississippi	24.1	43	Oregon	21.1
18	New York	24.1	44	Massachusetts	20.9
19	Oklahoma	23.9	45	Idaho	20.3
20	Pennsylvania	23.8	46	North Dakota	20.0
21	Georgia	23.6	47	Hawaii	19.5
22	Iowa	23.4	48	California	19.2
23	Wisconsin	23.4	49	New Jersey	19.1
24	New Hampshire	23.3	50	Minnesota	18.0
25	Illinois	23.1	51	Utah	14.2
26	Virginia	22.9	Median		22.9

*Ever smoked at least 100 cigarettes and now smoke every day or some days.
Source: CDC, Behavioral Risk Factor Surveillance System.

Percentage of Adults Who Reported Current Cigarette Smoking,* by Sex, Race, and Ethnicity, 1998

State	Total	Male	Female	White	Black†	Asian/Pacific Islander†	American Indian/ Alaska Native†	Hispanic†
Alabama	24.6	27.2	22.3	26.2	20.3	—	—	14.9
Alaska	26.1	28.3	23.7	23.9	—	—	40.0	27.0
Arizona	21.9	24.6	19.2	22.8	—	—	—	19.7
Arkansas	25.9	28.5	23.7	26.2	22.7	—	—	24.7
California	19.2	21.9	16.6	20.1	21.7	11.0	—	18.7
Colorado	22.8	26.4	19.4	20.3	35.6	—	—	31.7
Connecticut	21.2	22.1	20.4	20.5	20.2	9.2	—	32.8
Delaware	24.4	27.3	21.8	24.4	23.8	—	—	33.1
District of Columbia	21.6	24.4	19.3	19.4	23.8	—	—	12.4
Florida	22.0	23.4	20.6	24.2	14.2	—	—	16.9
Georgia	23.6	28.0	19.7	25.2	18.8	—	—	24.7
Hawaii	19.5	22.2	16.7	18.1	—	20.2	—	19.9
Idaho	20.3	21.9	18.7	20.0	—	—	38.7	21.7
Illinois	23.1	25.9	20.6	23.4	25.4	12.9	—	20.3
Indiana	26.0	29.6	22.7	26.0	25.3	—	—	27.6
Iowa	23.4	25.9	21.1	23.1	—	—	—	26.0
Kansas	21.1	23.0	19.4	20.8	22.9	—	—	22.2
Kentucky	30.8	33.4	28.5	30.7	26.3	—	—	—
Louisiana	25.5	28.2	23.1	26.8	21.8	—	—	28.6
Maine	22.4	21.2	23.5	22.6	—	—	—	—
Maryland	22.4	24.3	20.7	21.5	23.5	21.3	—	29.0
Massachusetts	20.9	22.5	19.5	20.9	20.0	13.3	—	25.5
Michigan	27.4	30.3	24.8	28.1	23.6	—	—	24.0
Minnesota	18.0	19.7	16.4	17.5	27.7	13.3	—	19.6
Mississippi	24.1	26.9	21.6	25.2	21.6	—	—	24.4
Missouri	26.4	29.4	23.6	26.4	23.4	—	—	39.5
Montana	21.5	21.5	21.4	20.5	—	—	42.6	28.6
Nebraska	22.0	25.3	19.1	21.3	31.6	—	—	33.9
Nevada	30.4	32.6	28.0	32.1	20.0	—	—	18.1
New Hampshire	23.3	25.7	21.0	22.7	—	—	—	—
New Jersey	19.1	20.9	17.4	19.0	23.2	7.0	—	23.7
New Mexico	22.6	25.1	20.2	22.4	9.8	—	19.0	23.2
New York	24.1	25.6	22.8	25.3	18.4	18.2	—	24.6
North Carolina	24.6	27.4	22.2	25.3	20.6	—	—	29.0
North Dakota	20.0	21.8	18.3	18.9	—	—	47.9	—
Ohio	26.1	29.7	22.8	26.9	20.1	—	—	15.4
Oklahoma	23.9	26.7	21.2	23.2	22.5	—	29.5	40.9
Oregon	21.1	21.6	20.5	20.7	—	—	—	22.5
Pennsylvania	23.8	24.1	23.5	22.9	34.7	—	—	15.9
Rhode Island	22.6	24.0	21.3	22.8	22.6	—	—	18.9
South Carolina	24.7	29.8	20.1	26.2	19.1	—	—	28.7
South Dakota	27.2	36.5	18.4	25.5	—	—	66.1	—
Tennessee	26.1	30.2	22.3	25.4	30.4	—	—	—
Texas	21.9	25.3	18.8	22.3	21.5	20.2	—	20.4
Utah	14.2	16.0	12.6	13.7	—	—	—	19.1
Vermont	22.3	23.7	21.0	22.6	—	—	—	—
Virginia	22.9	25.8	20.2	24.5	20.2	—	—	17.2
Washington	21.4	22.4	20.4	21.1	23.1	15.7	—	27.1
West Virginia	27.9	29.7	26.4	27.8	36.2	—	—	—
Wisconsin	23.4	24.0	22.8	23.1	28.5	—	—	—
Wyoming	22.8	23.9	21.8	22.6	—	—	—	22.0
United States	22.8	25.3	20.6	23.5	21.9	14.1	34.6	20.3

*Ever smoked at least 100 cigarettes and now smoke every day or some days.

†A dash indicates that the state sample had fewer than 50 respondents in this category.

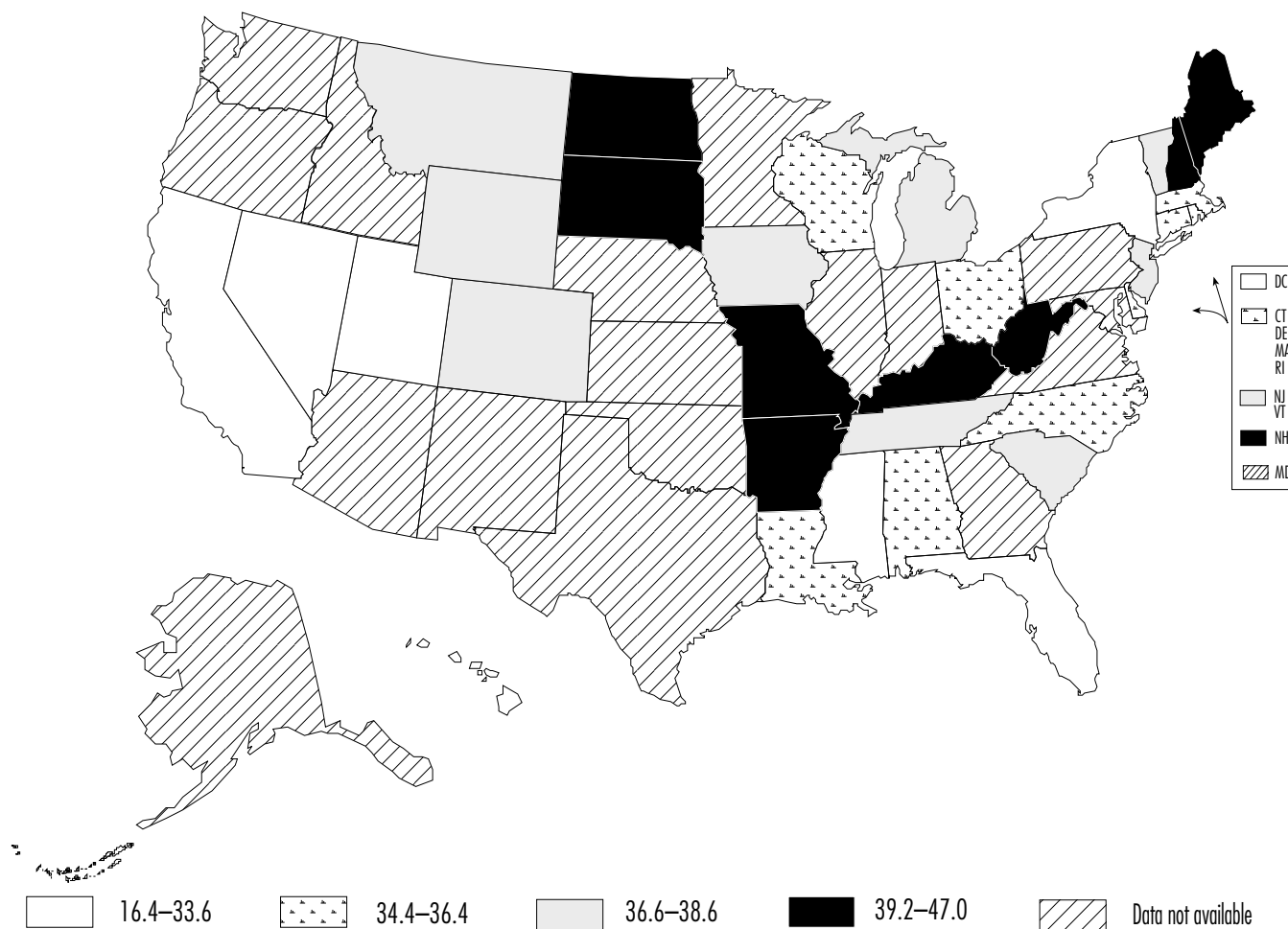
Source: CDC, Behavioral Risk Factor Surveillance System.

Cigarette Smoking Among High School Students

Almost all smokers begin smoking during their teenage years, and the prevalence of cigarette smoking among young people has increased since 1991. Thus, preventing tobacco use among young people is critical to the overall goal of reducing the prevalence of smoking. Factors associated with young people using tobacco include nicotine dependence, public attitudes about smoking, tobacco marketing, and peer and parental influences.

- Every day, nearly 3,000 people younger than age 18 become daily cigarette smokers.
- If current patterns continue, one in three adolescents who are regular smokers will eventually die of a smoking-related disease.
- In 1997, 36% of high school students had smoked cigarettes in the last month.
- The prevalence of smoking among high school students in the states reporting the behavior in 1997 ranged from 16% in Utah to 47% in Kentucky.

Percentage of High School Students Who Reported Cigarette Smoking,* 1997



*Smoked cigarettes on 1 or more of the 30 days preceding the survey.
Source: CDC, Youth Risk Behavior Surveillance System.

Percentage of High School Students Who Reported Cigarette Smoking,* by Sex, Race, and Ethnicity, 1997

State†	Total	Male	Female	White‡	Black‡	Hispanic‡	Other‡
Alabama	35.8	39.5	32.2	41.2	24.1	—	—
Alaska							
Arizona							
Arkansas	43.2	45.6	40.8	48.1	29.2	—	44.6
California§	26.6	28.6	24.8	31.4	15.1	26.8	22.7
Colorado§	36.6	35.2	38.1	35.2	—	42.9	—
Connecticut	35.2	34.0	36.5	36.8	—	29.5	37.1
Delaware§	35.0	36.1	34.0	40.6	19.5	—	33.5
District of Columbia	22.7	24.3	21.3	—	21.7	32.8	—
Florida§	33.6	32.8	34.4	38.9	9.6	31.9	30.1
Georgia							
Hawaii	29.2	27.4	30.7	35.0	—	—	27.9
Idaho							
Illinois							
Indiana							
Iowa	37.5	39.6	35.4	37.5	—	—	—
Kansas							
Kentucky	47.0	48.4	45.3	47.7	—	—	—
Louisiana	36.4	38.2	34.6	47.3	19.2	38.4	42.7
Maine	39.2	37.7	40.8	38.7	—	—	—
Maryland							
Massachusetts	34.4	33.0	35.8	38.1	24.6	19.3	26.6
Michigan	38.2	38.2	38.2	41.1	18.7	—	47.4
Minnesota							
Mississippi	31.3	37.6	25.4	44.1	22.2	—	—
Missouri	40.3	39.7	40.8	43.4	21.9	—	—
Montana	38.1	38.8	37.3	35.7	—	—	50.3
Nebraska							
Nevada	29.4	28.3	30.3	30.2	—	27.4	33.1
New Hampshire§	39.6	36.3	42.5	39.0	—	—	—
New Jersey§	37.9	36.7	38.8	42.8	17.8	33.8	31.4
New Mexico							
New York	32.9	32.7	33.1	40.2	15.0	24.8	25.2
North Carolina§	35.8	37.6	34.1	42.9	24.5	—	34.9
North Dakota§	45.0	43.2	46.8	44.6	—	—	—
Ohio	34.5	36.9	32.0	38.1	19.6	—	31.5
Oklahoma							
Oregon							
Pennsylvania							
Rhode Island	35.4	35.3	35.4	40.1	—	14.8	29.6
South Carolina	38.6	40.6	36.5	47.2	28.4	—	41.4
South Dakota	44.0	44.3	43.6	42.8	—	—	—
Tennessee§	38.6	39.6	38.0	44.0	21.5	—	—
Texas							
Utah	16.4	17.4	15.0	15.0	—	—	—
Vermont*¶	38.3	37.8	38.8	n/a	n/a	n/a	n/a
Virginia							
Washington							
West Virginia	41.9	42.4	41.3	41.6	—	—	—
Wisconsin	36.0	39.8	31.7	36.8	—	—	—
Wyoming	37.4	38.1	36.7	36.4	—	47.3	40.8
United States	36.4	37.7	34.7	39.7	22.7	34.0	34.1

*Smoked cigarettes on 1 or more of the 30 days preceding the survey. †States with no data shown did not conduct a Youth Risk Behavior Survey in 1997. ‡A dash indicates that the state sample had fewer than 100 respondents in this category. §Unweighted data. ||Does not include the Los Angeles Unified School District. ¶Did not collect data by race/ethnicity on this topic.

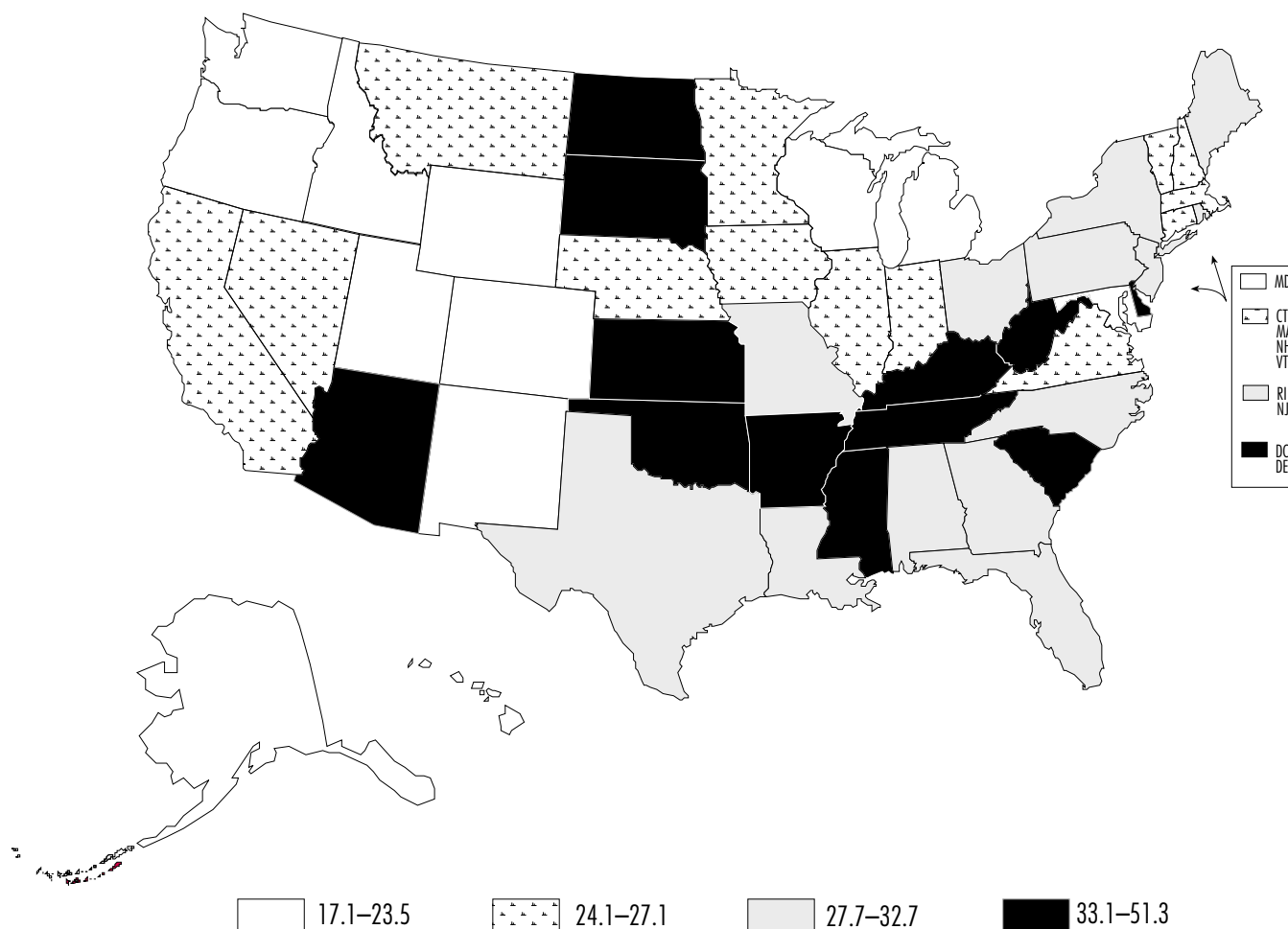
Source: CDC, Youth Risk Behavior Surveillance System.

No Leisure-Time Physical Activity Among Adults

Physical activity decreases the risk of early death in general and of heart disease, diabetes, colon cancer, high blood pressure, obesity, osteoporosis, muscle and joint disorders, and symptoms of anxiety and depression in particular. Among the other benefits of regular physical activity are improved strength and endurance, healthy bones and muscles, and weight control. Moreover, physical activity need not be strenuous to be beneficial; men and women of all ages benefit from moderate physical activity, such as 30 minutes of brisk walking five or more times a week.

- Despite the proven benefits of being physically active, 28% of U.S. adults are sedentary.
- In 1998, women were slightly more likely than men to report no leisure-time physical activity.
- The prevalence of no leisure-time physical activity among adults ranged from 17% in Utah to 51% in Arizona.

Percentage of Adults Who Reported No Leisure-Time Physical Activity,* 1998



*No exercise, recreation, or physical activity (other than regular job duties) during the previous month.
Source: CDC, Behavioral Risk Factor Surveillance System.

Percentage of Adults Who Reported No Leisure-Time Physical Activity,* by State Rank, 1998

Rank	State	Percent	Rank	State	Percent
1	Arizona	51.3	27	Connecticut	27.1
2	West Virginia	43.7	28	Illinois	27.1
3	Oklahoma	43.0	29	Indiana	27.1
4	Kentucky	42.7	30	Iowa	26.7
5	District of Columbia	38.5	31	Nebraska	26.1
6	Kansas	38.3	32	Vermont	26.0
7	Arkansas	35.9	33	California	25.5
8	Tennessee	35.8	34	Minnesota	25.5
9	Delaware	35.4	35	Massachusetts	25.4
10	Mississippi	33.8	36	Montana	25.2
11	South Carolina	33.7	37	New Hampshire	24.9
12	South Dakota	33.3	38	Virginia	24.8
13	North Dakota	33.1	39	Nevada	24.1
14	Pennsylvania	32.7	40	Alaska	23.5
15	New Jersey	32.6	41	Wisconsin	23.4
16	Louisiana	32.2	42	New Mexico	23.0
17	Florida	31.1	43	Michigan	21.4
18	New York	31.0	44	Colorado	21.3
19	Rhode Island	29.9	45	Wyoming	21.1
20	Ohio	29.8	46	Idaho	20.4
21	Alabama	29.7	47	Maryland	20.3
22	Georgia	29.6	48	Oregon	18.9
23	Missouri	27.9	49	Hawaii	18.0
24	Texas	27.9	50	Washington	17.6
25	Maine	27.7	51	Utah	17.1
26	North Carolina	27.7	Median		27.7

*No exercise, recreation, or physical activity (other than regular job duties) during the previous month.
Source: CDC, Behavioral Risk Factor Surveillance System.

Percentage of Adults Who Reported No Leisure-Time Physical Activity,* by Sex, Race, and Ethnicity, 1998

State	Total	Male	Female	White	Black†	Asian/Pacific Islander†	American Indian/ Alaska Native†	Hispanic†
Alabama	29.7	25.5	33.5	28.9	33.0	—	—	26.4
Alaska	23.5	23.5	23.5	21.5	—	—	32.7	25.0
Arizona	51.3	52.3	50.5	48.2	—	—	—	67.0
Arkansas	35.9	33.7	37.9	35.1	41.9	—	—	30.5
California	25.5	23.6	27.4	18.8	21.7	29.1	—	38.2
Colorado	21.3	20.9	21.7	17.9	23.9	—	—	36.8
Connecticut	27.1	24.1	29.8	25.6	36.0	26.5	—	39.1
Delaware	35.4	34.3	36.4	34.2	41.9	—	—	39.2
District of Columbia	38.5	31.6	44.3	21.1	49.0	—	—	41.2
Florida	31.1	29.3	32.7	27.8	34.5	—	—	45.1
Georgia	29.6	26.6	32.5	27.6	35.6	—	—	27.9
Hawaii	18.0	13.5	22.5	13.7	—	20.2	—	18.3
Idaho	20.4	19.4	21.4	20.0	—	—	20.4	30.3
Illinois	27.1	25.1	28.9	24.9	29.6	—	—	42.8
Indiana	27.1	23.1	30.8	26.3	31.2	—	—	44.3
Iowa	26.7	26.4	26.9	26.7	36.6	—	—	28.5
Kansas	38.3	38.8	37.7	37.2	45.1	—	—	46.5
Kentucky	42.7	40.0	45.1	42.5	44.0	—	—	—
Louisiana	32.2	28.8	35.3	31.3	34.4	—	—	33.7
Maine	27.7	26.6	28.7	27.0	—	—	—	—
Maryland	20.3	19.3	21.2	17.9	25.7	29.3	—	23.4
Massachusetts	25.4	23.7	26.8	24.5	33.0	27.5	—	35.3
Michigan	21.4	19.1	23.4	20.4	29.9	—	—	11.5
Minnesota	25.5	25.8	25.1	25.8	24.2	30.4	—	18.6
Mississippi	33.8	30.8	36.5	31.7	38.4	—	—	21.1
Missouri	27.9	25.6	30.0	27.4	32.7	—	—	22.2
Montana	25.2	23.2	27.1	24.7	—	—	30.4	—
Nebraska	26.1	26.6	25.6	26.0	31.1	—	—	30.9
Nevada	24.1	20.3	27.9	24.9	17.6	—	—	25.6
New Hampshire	24.9	23.9	25.8	24.5	—	—	—	—
New Jersey	32.6	27.6	37.2	30.0	38.5	35.8	—	45.9
New Mexico	23.0	19.5	26.4	20.0	20.5	—	20.4	27.8
New York	31.0	26.4	35.1	26.9	40.0	39.2	—	45.1
North Carolina	27.7	24.1	31.1	25.2	33.5	—	—	40.5
North Dakota	33.1	32.9	33.4	32.5	—	—	48.0	—
Ohio	29.8	25.8	33.4	29.2	38.2	—	—	17.2
Oklahoma	43.0	40.2	45.4	43.4	37.6	—	38.3	45.2
Oregon	18.9	16.8	20.9	17.7	—	—	—	23.4
Pennsylvania	32.7	29.2	35.9	32.3	40.2	—	—	28.1
Rhode Island	29.9	26.5	32.9	29.0	35.3	—	—	36.3
South Carolina	33.7	32.7	34.6	31.5	39.5	—	—	34.9
South Dakota	33.3	40.1	26.9	33.2	—	—	40.9	—
Tennessee	35.8	33.3	38.0	35.4	38.8	—	—	—
Texas	27.9	24.3	31.2	23.9	27.1	23.9	—	37.3
Utah	17.1	15.4	18.8	16.5	—	—	—	25.8
Vermont	26.0	25.0	26.9	25.8	—	—	—	—
Virginia	24.8	22.0	27.4	22.1	32.4	—	—	31.1
Washington	17.6	17.6	17.6	17.4	22.6	—	—	19.2
West Virginia	43.7	43.0	44.4	43.9	52.3	—	—	—
Wisconsin	23.4	23.8	23.1	23.0	25.3	—	—	—
Wyoming	21.1	20.0	22.1	21.2	—	—	—	15.8
United States	29.1	26.6	31.4	26.7	33.8	28.8	31.4	41.0

*No exercise, recreation, or physical activity (other than regular job duties) during the previous month.

†A dash indicates that the state sample had fewer than 50 respondents in this category.

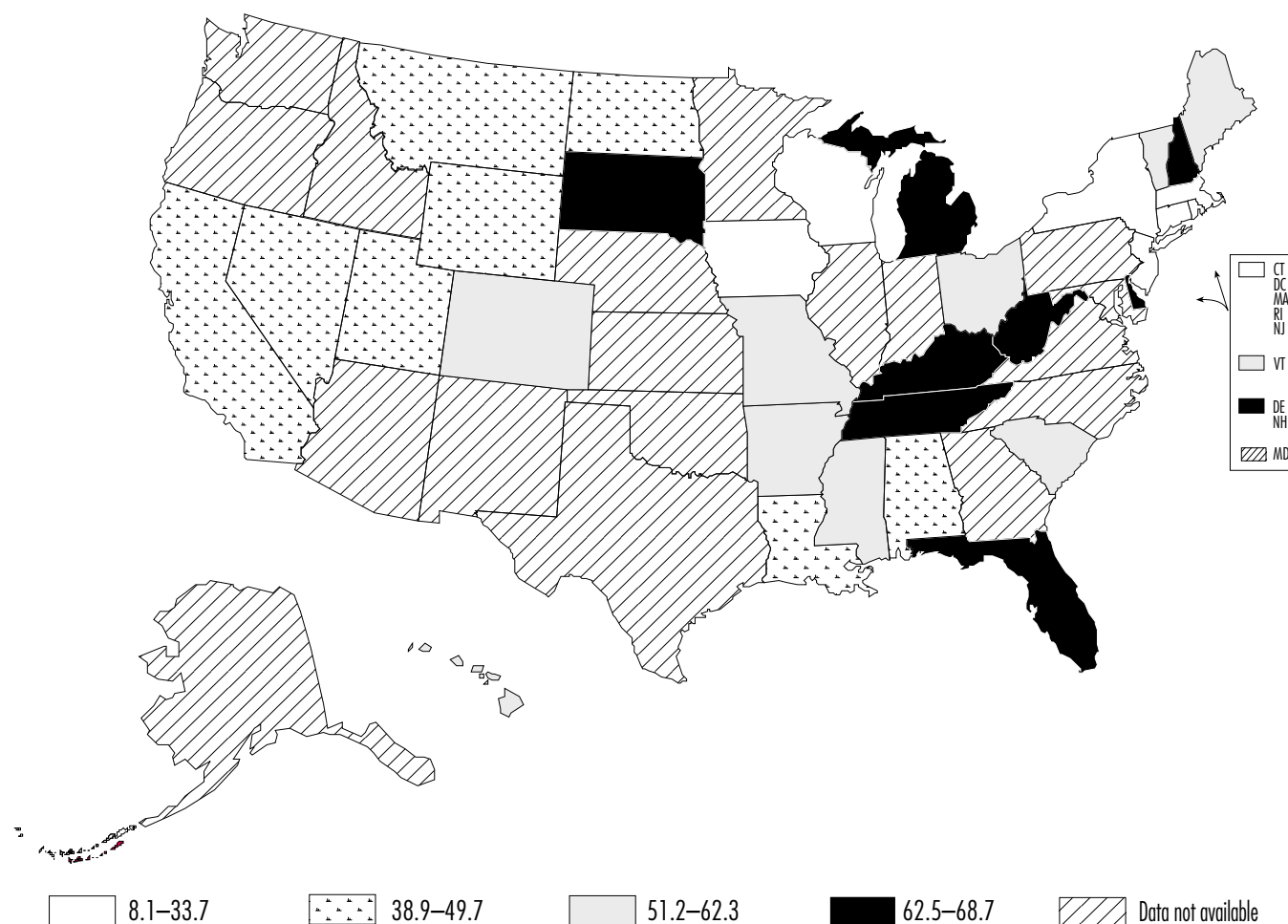
Source: CDC, Behavioral Risk Factor Surveillance System.

Lack of Enrollment in Physical Education Class Among High School Students

High school physical education (PE) classes provide an opportunity to ensure that young people have a minimal, regular amount of physical activity and to help establish physical activity patterns that may extend into adulthood.

- In 1997, 51% of U.S. high school students were not enrolled in a PE class.
- Daily participation in a PE class by high school students decreased from 42% in 1991 to 27% in 1997.
- Among both male and female students, those in grades 11 and 12 are more likely not to be enrolled in a PE class than those in grade 9.
- The prevalence of not being enrolled in a PE class in the states reporting this behavior in 1997 ranged from 8% in New York to 69% in Kentucky.

Percentage of High School Students Not Enrolled in Physical Education Class, 1997



Source: CDC, Youth Risk Behavior Surveillance System.

Percentage of High School Students Who Reported Not Being Enrolled in Physical Education Classes, by Sex, Race, and Ethnicity, 1997

State*	Total	Male	Female	White†	Black†	Hispanic†	Other†
Alabama	49.7	42.0	57.3	50.4	47.9	—	—
Alaska							
Arizona							
Arkansas	62.3	66.3	58.5	64.4	58.8	—	56.5
California [‡]	45.6	42.6	48.1	48.3	36.9	40.1	48.5
Colorado [‡]	59.4	53.3	65.2	60.0	—	59.6	50.9
Connecticut	29.9	31.1	28.7	29.7	—	34.5	22.5
Delaware [‡]	62.8	60.0	65.4	65.5	56.9	—	60.5
District of Columbia	33.4	34.7	32.1	—	30.9	—	
Florida [‡]	64.5	56.6	72.1	66.6	53.8	62.5	65.5
Georgia							
Hawaii	59.6	65.3	54.3	62.2	—	—	60.1
Idaho							
Illinois							
Indiana							
Iowa	22.0	23.4	20.6	21.4	—	—	—
Kansas							
Kentucky	68.7	74.5	63.1	70.1	58.4	—	—
Louisiana	38.9	43.8	34.0	39.2	38.4	40.4	38.7
Maine	52.7	50.8	54.6	53.0	—	—	49.7
Maryland							
Massachusetts	27.5	26.3	28.9	25.4	39.8	30.5	32.1
Michigan	62.8	55.4	70.7	63.8	59.8	64.3	60.8
Minnesota							
Mississippi	60.9	52.3	69.4	70.6	54.3	—	—
Missouri	53.8	61.4	46.4	53.4	56.5	—	—
Montana	46.4	43.6	49.5	46.7	—	—	44.0
Nebraska							
Nevada	42.7	37.9	47.8	45.0	—	37.8	40.0
New Hampshire [‡]	63.1	58.9	66.7	63.0	—	—	—
New Jersey [‡]	13.3	13.9	12.7	13.1	14.2	17.5	10.0
New Mexico							
New York	8.1	7.5	8.7	5.4	13.1	13.3	10.1
North Carolina [§]	n/a	n/a	n/a	n/a	n/a	n/a	n/a
North Dakota	41.9	39.8	43.9	42.1	—	—	—
Ohio	59.1	56.0	62.5	61.3	53.7	—	52.2
Oklahoma							
Oregon							
Pennsylvania							
Rhode Island	9.2	10.4	8.0	8.2	—	16.4	11.2
South Carolina	59.7	53.3	66.3	62.6	57.9	—	50.5
South Dakota	67.8	68.1	67.6	68.4	—	—	—
Tennessee [‡]	62.5	58.4	66.0	63.6	61.4	—	—
Texas							
Utah	47.0	40.5	53.8	47.7	—	—	—
Vermont [¶]	51.2	49.0	53.6	n/a	n/a	n/a	n/a
Virginia							
Washington							
West Virginia	64.6	58.4	70.4	65.5	—	—	—
Wisconsin	33.7	31.1	36.3	34.4	—	—	—
Wyoming	46.7	42.5	50.9	46.7	—	45.0	46.4
United States	51.2	48.0	55.1	50.5	53.7	48.4	54.0

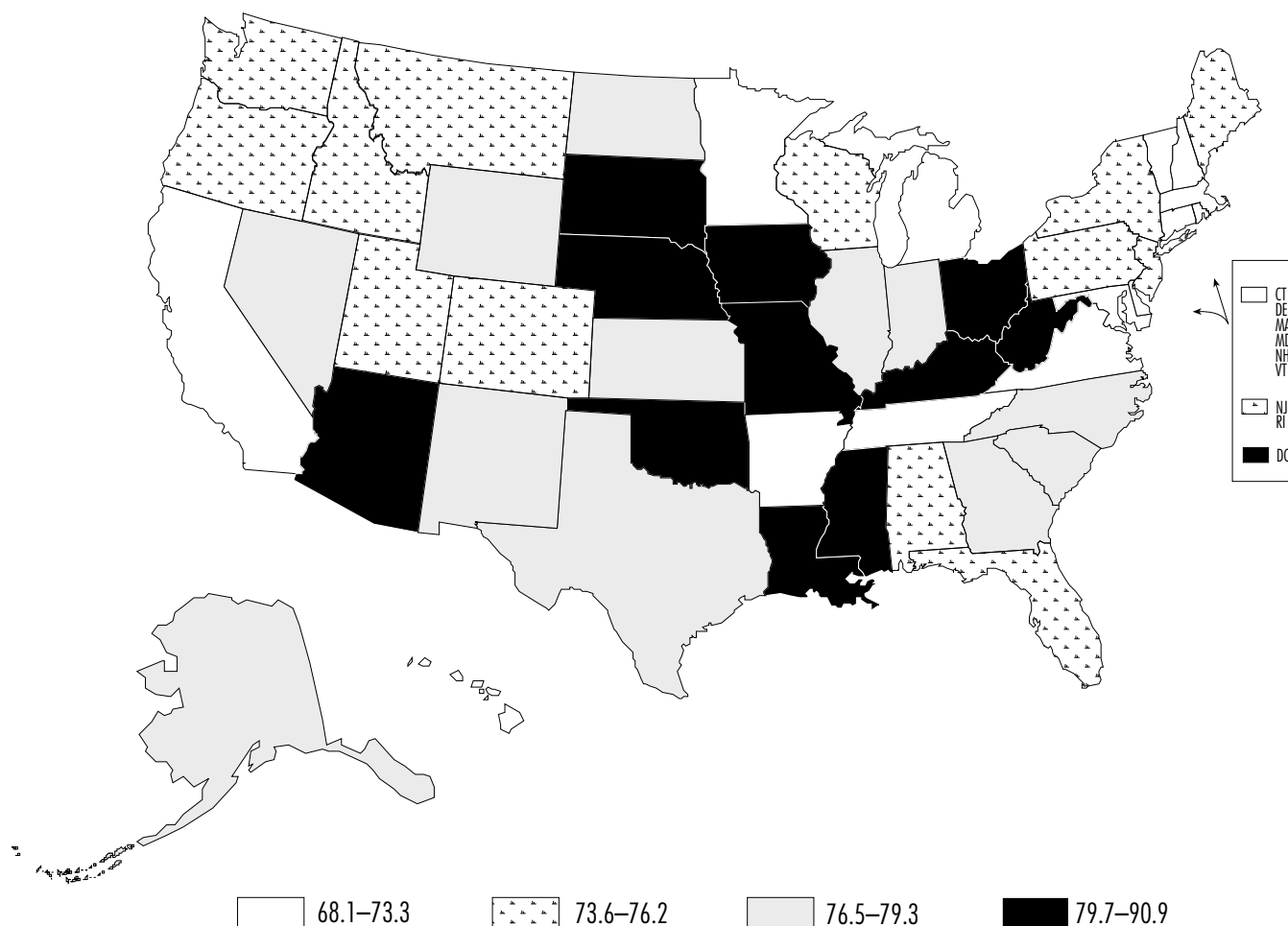
*States with no data shown did not conduct a Youth Risk Behavior Survey in 1997. †A dash indicates that the state sample had fewer than 100 respondents in this category. ‡Unweighted data. †Does not include the Los Angeles Unified School District. §Did not collect data on this topic. ¶Did not collect data by race/ethnicity on this topic. Source: CDC, Youth Risk Behavior Surveillance System.

Poor Nutrition Among Adults

Good nutrition, including a diet that is low in saturated fats and includes five or more servings of fruits and vegetables each day, plays a key role in maintaining good health. Improving the American diet could extend productive life span and reduce the occurrence of chronic diseases, including total cardiovascular diseases, diabetes, and cancer.

- According to the American Cancer Society, of all cancer deaths, approximately 30% are attributable to dietary risk factors.
- Poor nutrition and lack of physical exercise are associated with 300,000 deaths each year, making these factors second only to tobacco use as a cause of death.
- In 1998, less than one-fourth of U.S. adults reported eating recommended amounts of fruits and vegetables daily.
- The prevalence of not eating recommended amounts of fruits and vegetables among adults ranged from 68% in Minnesota to 91% in Arizona.

Percentage of Adults Who Reported Eating Fewer Than Five Servings of Fruits and Vegetables per Day, 1998



Source: CDC, Behavioral Risk Factor Surveillance System.

Percentage of Adults Who Reported Eating Fewer Than Five Servings of Fruits and Vegetables per Day, by State Rank, 1998

Rank	State	Percent	Rank	State	Percent
1	Arizona	90.9	27	Alabama	76.1
2	Kentucky	84.4	28	Rhode Island	75.4
3	Mississippi	84.4	29	Pennsylvania	75.2
4	Ohio	84.0	30	Florida	75.1
5	Louisiana	82.7	31	Oregon	75.1
6	District of Columbia	82.3	32	New York	74.5
7	Nebraska	82.3	33	Wisconsin	74.3
8	Iowa	81.4	34	Washington	74.2
9	West Virginia	81.4	35	Colorado	74.0
10	Missouri	80.0	36	New Jersey	73.9
11	South Dakota	80.0	37	Utah	73.8
12	Oklahoma	79.7	38	Maine	73.6
13	Georgia	79.3	39	Delaware	73.3
14	New Mexico	79.3	40	Virginia	73.1
15	Wyoming	78.8	41	Michigan	72.6
16	North Carolina	78.6	42	California	72.5
17	South Carolina	78.2	43	Hawaii	72.5
18	Nevada	77.9	44	Arkansas	72.1
19	Texas	77.5	45	Connecticut	72.1
20	Illinois	77.3	46	New Hampshire	72.1
21	North Dakota	77.2	47	Vermont	70.8
22	Alaska	76.9	48	Tennessee	70.3
23	Indiana	76.5	49	Maryland	69.9
24	Kansas	76.5	50	Massachusetts	69.0
25	Idaho	76.2	51	Minnesota	68.1
26	Montana	76.2	Median		76.2

Source: CDC, Behavioral Risk Factor Surveillance System.

Percentage of Adults Who Reported Eating Fewer Than Five Servings of Fruits and Vegetables per Day, by Sex, Race, and Ethnicity, 1998

State	Total	Male	Female	White	Black*	Asian/Pacific Islander*	American Indian/ Alaska Native*	Hispanic*
Alabama	76.1	76.5	75.7	75.9	78.4	—	—	71.1
Alaska	76.9	79.0	74.5	75.6	—	—	82.2	85.2
Arizona	90.9	92.3	89.6	90.0	—	—	—	93.7
Arkansas	72.1	75.6	68.9	71.3	78.4	—	—	69.4
California	72.5	77.7	67.4	72.4	77.9	72.4	—	71.4
Colorado	74.0	78.3	69.9	73.0	78.9	—	—	79.5
Connecticut	72.1	77.4	67.3	72.0	75.2	64.1	—	72.1
Delaware	73.3	78.3	68.9	73.2	75.2	—	—	76.0
District of Columbia	82.3	82.5	82.1	80.4	84.7	—	—	64.3
Florida	75.1	79.7	71.0	73.3	77.0	—	—	81.6
Georgia	79.3	82.3	76.6	78.1	83.7	—	—	76.2
Hawaii	72.5	78.2	66.7	67.7	—	74.8	—	75.9
Idaho	76.2	81.7	70.9	75.9	—	—	86.9	79.4
Illinois	77.3	82.9	72.4	76.0	80.6	—	—	80.3
Indiana	76.5	79.7	73.7	76.7	78.2	—	—	77.3
Iowa	81.4	84.7	78.3	81.3	90.4	—	—	88.0
Kansas	76.5	80.1	73.1	76.4	84.7	—	—	77.8
Kentucky	84.4	87.9	81.1	84.0	91.1	—	—	—
Louisiana	82.7	84.2	81.3	82.6	83.1	—	—	82.6
Maine	73.6	78.4	69.1	73.6	—	—	—	—
Maryland	69.9	74.5	65.8	69.5	72.7	74.8	—	63.3
Massachusetts	69.0	74.8	63.7	68.8	71.1	69.1	—	74.8
Michigan	72.6	77.9	67.5	72.2	73.8	—	—	75.8
Minnesota	68.1	70.8	65.5	67.8	67.1	79.7	—	70.2
Mississippi	84.4	86.9	82.2	82.5	88.5	—	—	85.4
Missouri	80.0	85.1	75.5	79.7	82.3	—	—	82.2
Montana	76.2	81.6	71.1	75.8	—	—	91.5	—
Nebraska	82.3	87.1	78.0	82.2	85.7	—	—	82.6
Nevada	77.9	80.8	74.9	79.1	74.3	—	—	71.6
New Hampshire	72.1	78.6	66.1	71.7	—	—	—	—
New Jersey	73.9	77.9	70.3	72.3	80.2	76.3	—	76.7
New Mexico	79.3	83.0	75.9	76.7	90.1	—	75.9	83.3
New York	74.5	78.7	70.8	73.4	74.2	84.0	—	77.4
North Carolina	78.6	83.6	74.0	76.9	83.1	—	—	88.3
North Dakota	77.2	84.1	70.6	76.6	—	—	91.9	—
Ohio	84.0	88.5	79.9	84.0	87.3	—	—	61.4
Oklahoma	79.7	82.7	76.9	79.7	77.2	—	85.2	81.9
Oregon	75.1	80.5	70.0	75.6	—	—	—	69.3
Pennsylvania	75.2	77.7	72.9	74.8	82.3	—	—	71.5
Rhode Island	75.4	79.4	71.9	75.2	82.0	—	—	78.2
South Carolina	78.2	81.8	75.0	76.0	83.7	—	—	90.9
South Dakota	80.0	86.7	73.7	80.4	—	—	84.1	—
Tennessee	70.3	73.6	67.3	68.3	82.4	—	—	—
Texas	77.5	81.1	74.2	75.7	82.6	70.8	—	80.9
Utah	73.8	78.1	69.6	74.6	—	—	—	72.3
Vermont	70.8	76.8	65.2	70.9	—	—	—	—
Virginia	73.1	77.6	68.8	72.6	76.2	—	—	75.7
Washington	74.2	80.6	68.1	74.2	75.2	74.2	—	80.1
West Virginia	81.4	85.0	78.1	81.2	89.6	—	—	—
Wisconsin	74.3	82.8	66.4	74.4	81.2	—	—	—
Wyoming	78.8	84.2	73.5	79.2	—	—	—	71.8
United States	76.1	80.3	72.2	75.3	80.0	74.4	75.9	78.6

*A dash indicates that the state sample had fewer than 50 respondents in this category.

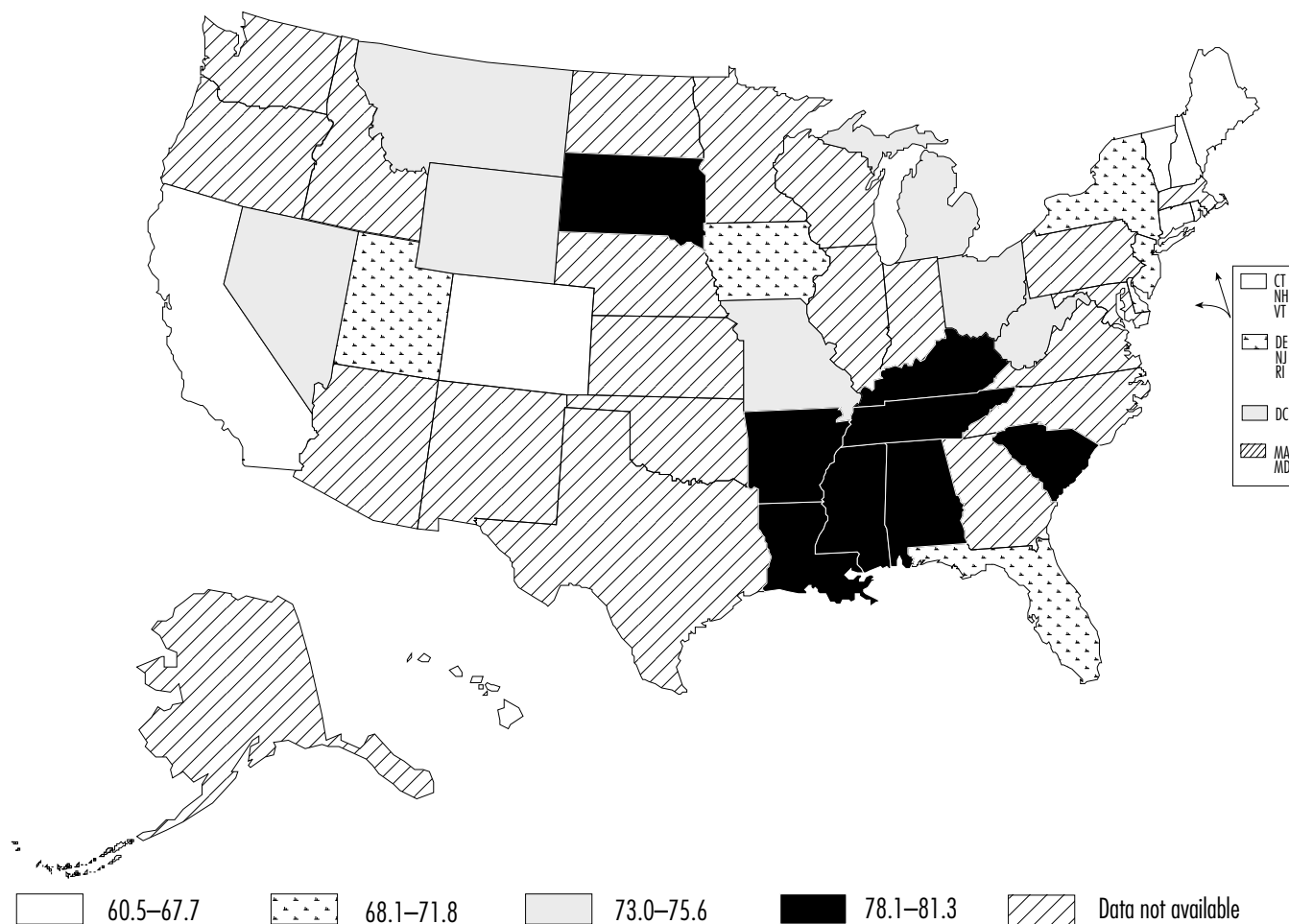
Source: CDC, Behavioral Risk Factor Surveillance System.

Poor Nutrition Among High School Students

Unhealthy diets (particularly those high in fat and low in fruits, vegetables, and grains) are often established during youth and carried into adulthood, thus increasing a person's risk for cancer and other chronic diseases. Along with physical inactivity, poor eating habits are a root cause of overweight and obesity.

- In 1997, 71% of U.S. high school students ate fewer than five servings of fruits and vegetables per day.
- Female students were more likely than male students not to have eaten five or more servings of fruits and vegetables in the past day.
- In 1997, the prevalence of not eating five or more servings of fruits and vegetables per day among high school students in the states reporting the behavior ranged from 61% in Vermont to 81% in Louisiana.

Percentage of High School Students Who Reported Eating Fewer Than Five Servings of Fruits and Vegetables, 1997



Source: CDC, Youth Risk Behavior Surveillance System.

Percentage of High School Students Who Reported Eating Fewer Than Five Servings of Fruits and Vegetables, by Sex, Race, and Ethnicity, 1997

State*	Total	Male	Female	White†	Black†	Hispanic†	Other†
Alabama	81.0	78.8	83.3	82.1	80.1	—	—
Alaska							
Arizona							
Arkansas	80.1	77.0	83.4	81.2	79.8	—	70.7
California*§	67.5	64.6	69.9	67.4	77.2	69.7	63.0
Colorado‡	67.7	64.1	71.5	67.6	—	73.4	65.4
Connecticut	66.5	63.4	70.1	66.9	—	70.9	62.6
Delaware‡	71.8	68.1	75.1	72.8	71.4	—	62.9
District of Columbia	73.2	67.4	70.2	—	70.7	—	—
Florida‡	70.9	68.2	73.5	72.6	69.4	70.4	61.0
Georgia							
Hawaii	67.2	62.6	72.2	73.4	—	—	65.8
Idaho							
Illinois							
Indiana							
Iowa	70.8	68.4	73.3	71.0	—	—	—
Kansas							
Kentucky	78.3	74.1	82.7	79.6	68.0	—	—
Louisiana	81.3	78.0	84.5	83.8	79.7	74.6	72.5
Maine	67.6	65.9	69.2	67.3	—	—	74.6
Maryland							
Massachusetts	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Michigan	74.2	71.8	76.5	73.6	77.5	83.1	72.1
Minnesota							
Mississippi	78.9	75.7	82.0	83.0	76.8	—	—
Missouri	75.0	71.3	78.7	76.1	74.3	—	—
Montana	73.0	70.6	75.4	73.1	—	—	72.5
Nebraska							
Nevada	74.6	72.7	76.5	75.3	—	70.4	69.4
New Hampshire‡	67.7	60.7	74.0	—	—	—	—
New Jersey‡	68.8	67.1	70.6	68.0	72.2	74.3	63.3
New Mexico							
New York	68.5	64.6	72.5	68.7	70.1	70.4	64.3
North Carolina	n/a	n/a	n/a	n/a	n/a	n/a	n/a
North Dakota	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Ohio	75.6	73.0	78.4	75.5	80.0	—	63.5
Oklahoma							
Oregon							
Pennsylvania							
Rhode Island	68.1	65.2	71.1	68.7	—	70.3	63.2
South Carolina	80.1	76.9	83.4	80.8	80.5	71.4	73.2
South Dakota	79.6	76.3	83.0	80.0	—	—	—
Tennessee‡	78.1	74.8	80.9	79.6	76.4	—	—
Texas							
Utah	68.4	64.6	72.2	67.9	—	—	—
Vermont*¶	60.5	57.8	63.3	n/a	n/a	n/a	n/a
Virginia							
Washington							
West Virginia	75.5	72.5	78.4	76.2	—	—	—
Wisconsin	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Wyoming	74.2	70.7	77.9	74.3	—	76.1	71.8
United States	70.7	67.9	74.3	71.2	72.3	72.3	66.1

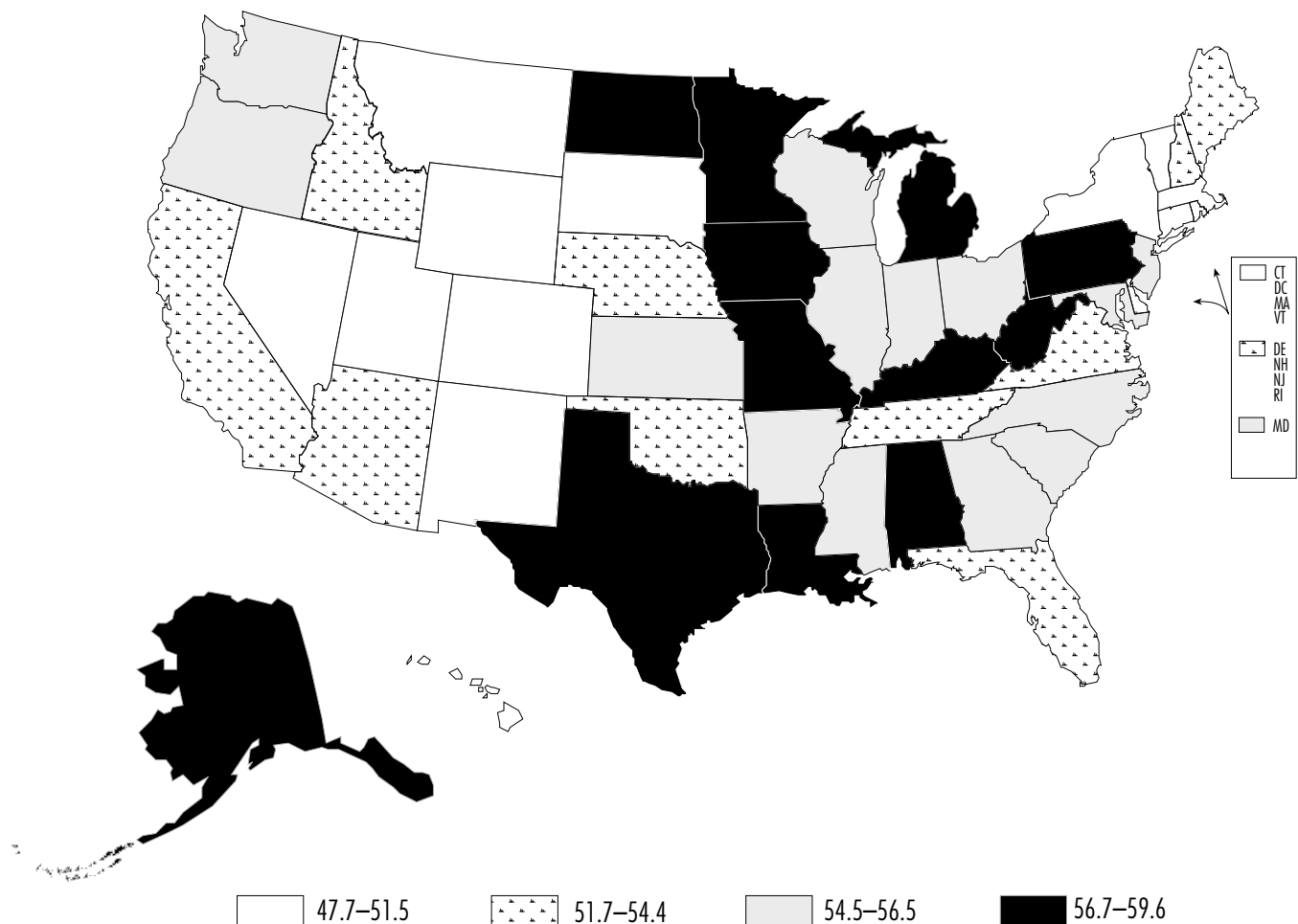
*States with no data shown did not conduct a Youth Risk Behavior Survey in 1997. †A dash indicates that the state sample had fewer than 100 respondents in this category. ‡Unweighted data. §Does not include the Los Angeles Unified School District. ||Did not collect data on this topic. ¶Did not collect data by race/ethnicity on this topic. Source: CDC, Youth Risk Behavior Surveillance System.

Overweight Among Adults

A growing obesity epidemic is threatening the health of millions of Americans. Obesity and overweight are linked to cardiovascular disease, the nation's leading cause of death, as well as to diabetes, some cancers, and other chronic conditions.

- According to the latest guidelines for overweight, about 55% of American adults were overweight by self-reported height and weight in 1998.
- Men were more likely than women to be overweight according to self-reported height and weight.
- The prevalence of being overweight among adults ranged from 48% in Hawaii to 60% in Alabama and Minnesota.

Percentage of Adults Who Were Overweight,* 1998



*Body mass index ≥ 25.0 kg/m².

Source: CDC, Behavioral Risk Factor Surveillance System.

Percentage of Adults Who Were Overweight,* by State Rank, 1998

Rank	State	Percent	Rank	State	Percent
1	Alabama	59.6	27	New Jersey	54.4
2	Minnesota	59.5	28	Tennessee	54.4
3	Mississippi	59.3	29	Nebraska	54.1
4	Pennsylvania	58.6	30	California	53.6
5	Alaska	58.3	31	Florida	53.5
6	Kentucky	58.1	32	Delaware	53.2
7	Michigan	57.5	33	Virginia	53.2
8	Texas	57.3	34	Idaho	53.1
9	West Virginia	57.2	35	Oklahoma	53.0
10	Missouri	57.1	36	Rhode Island	52.4
11	North Dakota	57.1	37	New Hampshire	51.9
12	Iowa	56.7	38	New Mexico	51.7
13	Wisconsin	56.5	39	Montana	51.5
14	Louisiana	56.4	40	South Dakota	51.5
15	Indiana	56.2	41	Wyoming	51.5
16	North Carolina	56.1	42	New York	51.3
17	Maryland	55.5	43	District of Columbia	50.7
18	Illinois	55.1	44	Nevada	50.2
19	Ohio	55.1	45	Massachusetts	49.9
20	Arkansas	55.0	46	Connecticut	49.8
21	South Carolina	55.0	47	Arizona	49.5
22	Kansas	54.8	48	Colorado	49.3
23	Georgia	54.6	49	Utah	49.3
24	Oregon	54.6	50	Vermont	47.9
25	Washington	54.5	51	Hawaii	47.7
26	Maine	54.4	Median		54.4

*Body mass index ≥ 25.0 kg/m².

Source: CDC, Behavioral Risk Factor Surveillance System.

Percentage of Adults Who Were Overweight,* By Sex, Race, and Ethnicity, 1998

State	Total	Male	Female	White	Black†	Asian/Pacific Islander†	American Indian/ Alaska Native†	Hispanic†
Alabama	59.6	69.4	50.4	56.7	70.5	—	—	51.7
Alaska	58.3	69.1	46.2	57.0	—	—	68.1	58.5
Arizona	49.5	62.8	36.5	44.9	—	—	—	64.7
Arkansas	55.0	63.6	46.8	54.0	65.3	—	—	43.1
California	53.6	61.1	46.0	52.3	62.3	32.4	—	60.5
Colorado	49.3	59.5	39.3	47.8	63.9	—	—	59.7
Connecticut	49.8	62.8	37.2	49.6	69.7	24.6	—	43.3
Delaware	53.2	62.6	44.3	52.5	58.1	—	—	52.1
District of Columbia	50.7	52.9	48.8	31.0	64.4	—	—	41.5
Florida	53.5	62.1	45.4	51.2	63.0	—	—	60.6
Georgia	54.6	61.8	47.7	52.5	61.8	—	—	44.7
Hawaii	47.7	58.4	36.7	46.5	—	45.9	—	56.6
Idaho	53.1	63.2	43.0	52.9	—	—	70.5	57.2
Illinois	55.1	62.0	48.5	54.5	63.8	—	—	58.3
Indiana	56.2	64.8	48.1	54.8	73.9	—	—	62.8
Iowa	56.7	66.2	47.9	57.1	69.3	—	—	44.4
Kansas	54.8	65.2	44.2	54.6	63.2	—	—	58.5
Kentucky	58.1	68.1	48.8	57.5	71.5	—	—	—
Louisiana	56.4	65.7	47.7	53.1	64.7	—	—	51.6
Maine	54.4	62.1	47.0	54.4	—	—	—	—
Maryland	55.5	64.8	46.5	51.1	69.0	42.0	—	51.4
Massachusetts	49.9	61.2	39.1	50.0	65.7	—	—	46.8
Michigan	57.5	64.3	51.0	56.2	70.7	—	—	53.8
Minnesota	59.5	72.8	46.8	59.7	64.9	33.7	—	57.0
Mississippi	59.3	64.7	54.3	54.8	68.3	—	—	64.8
Missouri	57.1	64.6	50.2	55.9	68.9	—	—	54.3
Montana	51.5	59.1	43.8	51.7	—	—	63.7	—
Nebraska	54.1	62.1	46.3	53.6	78.0	—	—	61.8
Nevada	50.2	59.7	40.1	50.6	68.2	—	—	44.3
New Hampshire	51.9	62.2	41.7	51.9	—	—	—	—
New Jersey	54.4	65.1	43.9	53.9	59.9	36.6	—	61.5
New Mexico	51.7	58.2	45.4	47.2	62.3	—	63.3	56.6
New York	51.3	60.0	43.1	50.3	59.8	24.7	—	60.7
North Carolina	56.1	64.6	47.7	53.4	66.1	—	—	57.1
North Dakota	57.1	68.2	46.0	57.1	—	—	63.5	—
Ohio	55.1	62.6	47.7	54.3	60.1	—	—	71.4
Oklahoma	53.0	60.4	46.0	52.9	62.7	—	53.4	49.9
Oregon	54.6	63.3	46.1	54.5	—	—	—	60.3
Pennsylvania	58.6	66.0	51.5	57.8	71.4	—	—	65.6
Rhode Island	52.4	63.9	41.5	51.7	69.6	—	—	64.3
South Carolina	55.0	63.4	47.0	51.8	63.9	—	—	61.8
South Dakota	51.5	60.5	42.6	49.7	—	—	83.1	—
Tennessee	54.4	61.2	48.0	52.6	63.7	—	—	—
Texas	57.3	64.3	50.4	54.4	68.1	32.2	—	63.1
Utah	49.3	56.6	41.9	49.2	—	—	—	54.9
Vermont	47.9	57.7	38.2	47.9	—	—	—	—
Virginia	53.2	61.3	45.2	51.7	65.9	—	—	50.8
Washington	54.5	64.5	44.3	54.3	63.3	38.5	—	62.3
West Virginia	57.2	64.7	50.2	57.2	67.1	—	—	—
Wisconsin	56.5	66.6	46.8	56.5	65.3	—	—	—
Wyoming	51.5	59.7	43.2	51.2	—	—	—	58.0
United States	54.7	63.1	46.5	53.4	65.0	31.5	53.2	59.6

*Body mass index ≥ 25.0 kg/m².

†A dash indicates that the state sample had fewer than 50 respondents in this category.

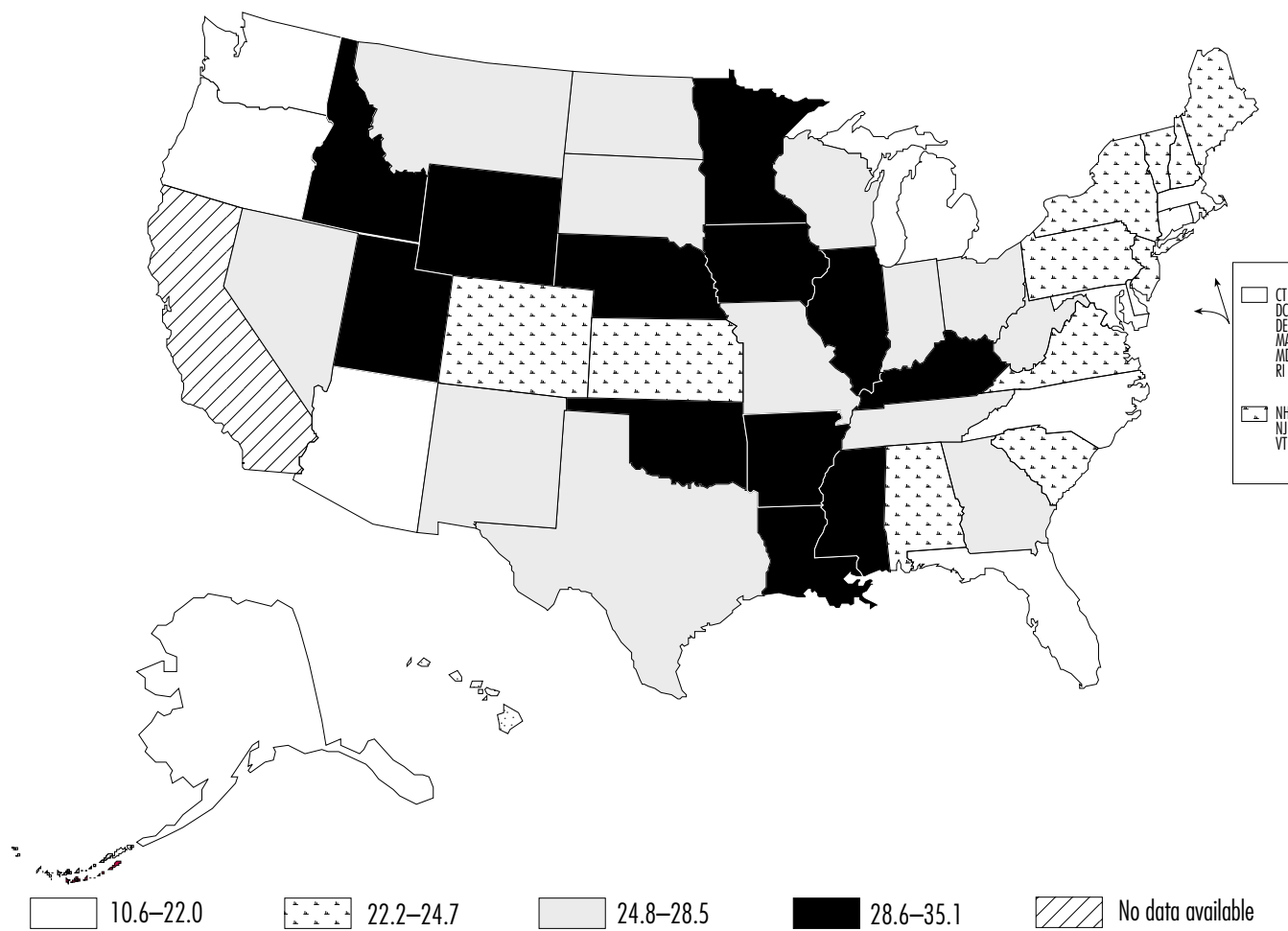
Source: CDC, Behavioral Risk Factor Surveillance System.

Lack of Mammography Screening

Mammography screening is the most effective method for detecting breast cancer early, before it has spread. The American Cancer Society recommends that women aged 40 years or older have an annual mammogram, an annual clinical breast exam, and a monthly breast self-examination.

- In 1998, 27% of American women aged 40 years or older and 24% of those aged 50 years or older reported that they had not had a mammogram in the past 2 years.
- In 1998, the prevalence of not having had a mammogram during the past 2 years among women aged 50 years or older ranged from 11% in the District of Columbia to 35% in Minnesota.

Percentage of Women Aged 50 Years or Older Who Reported Not Having Had a Mammogram in the Last 2 Years, 1998



Source: CDC, Behavioral Risk Factor Surveillance System.

Percentage of Women Aged 50 Years or Older Who Reported Not Having Had a Mammogram in the Last 2 Years, by State Rank, 1998

Rank	State	Percent	Rank	State	Percent
1	Minnesota	35.1	27	New Jersey	24.5
2	Arkansas	34.1	28	Alabama	23.9
3	Mississippi	32.1	29	Vermont	23.0
4	Kentucky	31.6	30	Hawaii	22.9
5	Wyoming	31.3	31	Maine	22.9
6	Nebraska	30.3	32	New Hampshire	22.9
7	Louisiana	29.8	33	New York	22.9
8	Idaho	29.1	34	South Carolina	22.8
9	Oklahoma	29.1	35	Pennsylvania	22.7
10	Utah	28.8	36	Colorado	22.6
11	Illinois	28.6	37	Virginia	22.2
12	Iowa	28.6	38	Connecticut	22.0
13	Indiana	28.5	39	Florida	22.0
14	Nevada	28.4	40	Washington	21.6
15	Montana	27.7	41	Oregon	21.3
16	Georgia	27.5	42	Michigan	21.1
17	Texas	27.3	43	North Carolina	21.0
18	Ohio	26.6	44	Alaska	20.9
19	Missouri	26.0	45	Maryland	19.2
20	Wisconsin	26.0	46	Rhode Island	18.8
21	North Dakota	25.1	47	Delaware	18.7
22	New Mexico	25.0	48	Arizona	17.4
23	South Dakota	25.0	49	Massachusetts	15.8
24	West Virginia	25.0	50	District of Columbia	10.6
25	Tennessee	24.8	n/a	California*	n/a
26	Kansas	24.7	Median		24.8

*Questions used to collect data on this topic differed from those used in other states.
Source: CDC, Behavioral Risk Factor Surveillance System.

Percentage of Women Aged 50 Years or Older Who Reported Not Having Had a Mammogram in the Last 2 Years, by Race and Ethnicity, 1998

State	Total	White*	Black*	Asian/Pacific Islander*	American Indian/ Alaska Native*	Hispanic*
Alabama	23.9	21.8	27.6	—	—	—
Alaska	20.9	21.0	—	—	—	—
Arizona	17.4	17.3	—	—	—	—
Arkansas	34.1	33.9	27.8	—	—	—
California [†]	n/a	n/a	n/a	n/a	n/a	n/a
Colorado	22.6	22.6	—	—	—	—
Connecticut	22.0	22.1	—	—	—	—
Delaware	18.7	18.4	20.4	—	—	—
District of Columbia	10.6	4.1	12.9	—	—	—
Florida	22.0	20.1	27.4	—	—	—
Georgia	27.5	29.3	22.7	—	—	—
Hawaii	22.9	24.0	—	22.3	—	—
Idaho	29.1	28.8	—	—	—	—
Illinois	28.6	29.2	26.9	—	—	—
Indiana	28.5	28.1	—	—	—	—
Iowa	28.6	28.8	—	—	—	—
Kansas	24.7	24.6	—	—	—	—
Kentucky	31.6	32.0	25.8	—	—	—
Louisiana	29.8	30.2	26.0	—	—	—
Maine	22.9	22.8	—	—	—	—
Maryland	19.2	18.1	17.4	—	—	—
Massachusetts	15.8	16.2	—	—	—	—
Michigan	21.1	21.6	18.5	—	—	—
Minnesota	35.1	34.8	—	—	—	—
Mississippi	32.1	31.7	33.9	—	—	—
Missouri	26.0	27.7	8.3	—	—	—
Montana	27.7	27.3	—	—	—	—
Nebraska	30.3	30.4	—	—	—	—
Nevada	28.4	28.5	—	—	—	—
New Hampshire	22.9	23.6	—	—	—	—
New Jersey	24.5	25.6	18.8	—	—	—
New Mexico	25.0	25.1	—	—	—	25.3
New York	22.9	22.3	23.4	—	—	—
North Carolina	21.0	20.6	23.2	—	—	—
North Dakota	25.1	25.4	—	—	—	—
Ohio	26.6	27.5	19.7	—	—	—
Oklahoma	29.1	29.0	—	—	—	—
Oregon	21.3	20.7	—	—	—	—
Pennsylvania	22.7	23.3	15.8	—	—	—
Rhode Island	18.8	18.9	—	—	—	—
South Carolina	22.8	21.9	25.6	—	—	—
South Dakota	25.0	25.5	—	—	—	—
Tennessee	24.8	24.7	26.6	—	—	—
Texas	27.3	24.3	19.9	—	—	42.1
Utah	28.8	28.3	—	—	—	—
Vermont	23.0	22.9	—	—	—	—
Virginia	22.2	23.2	20.3	—	—	—
Washington	21.6	21.7	—	—	—	—
West Virginia	25.0	24.9	—	—	—	—
Wisconsin	26.0	26.3	—	—	—	—
Wyoming	31.3	31.5	—	—	—	—
United States	24.3	24.0	22.8	18.3	24.1	30.0

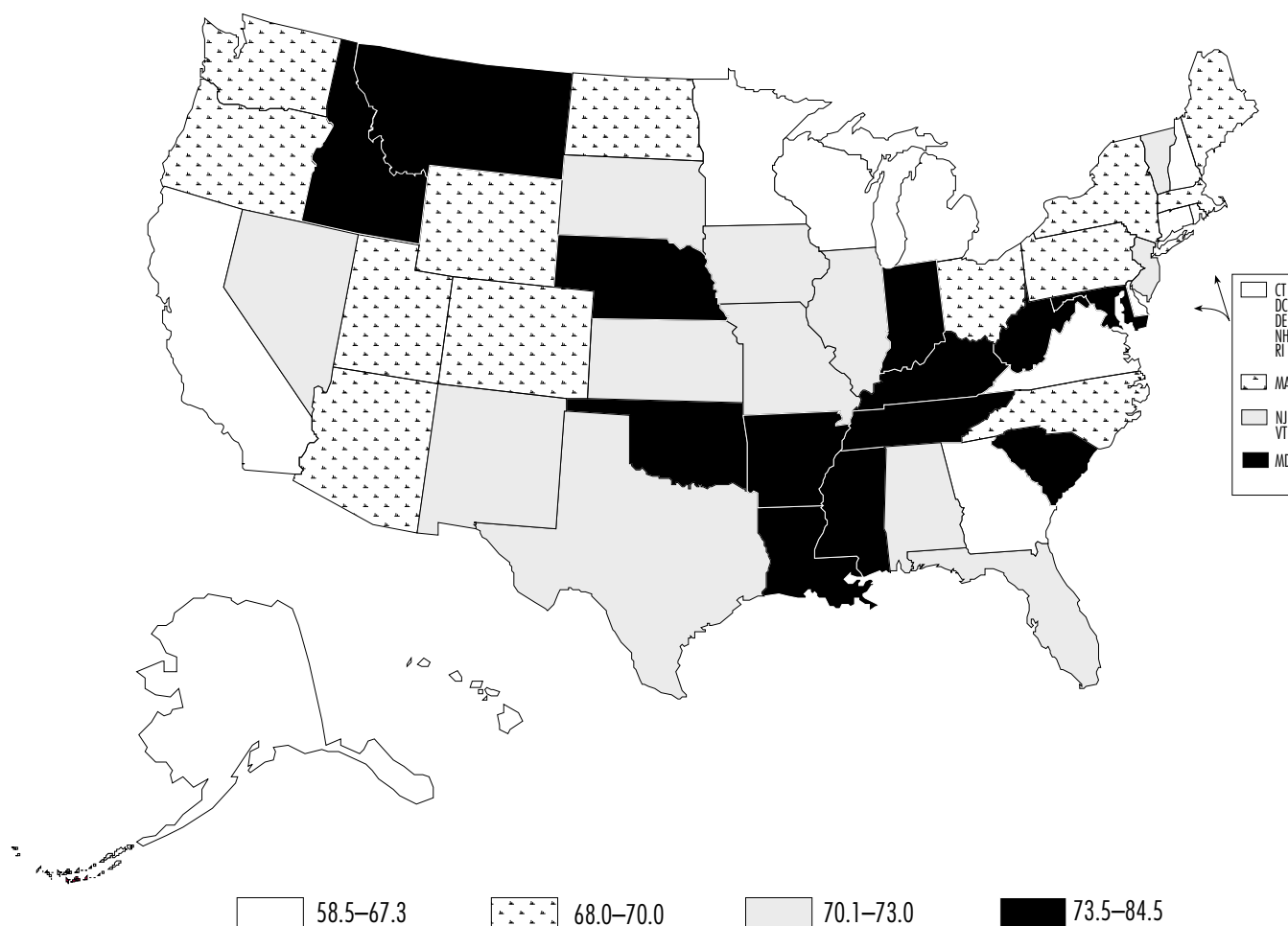
*A dash indicates that the state sample had fewer than 50 respondents in this category. [†]Questions used to collect data on this topic differed from those used in other states.
Source: CDC, Behavioral Risk Factor Surveillance System.

Lack of Sigmoidoscopy

Sigmoidoscopy is an effective screening tool both for preventing cancer by detecting precancerous polyps and for detecting colorectal cancer early, when treatment is most effective. Sigmoidoscopy, which can detect 65%–75% of polyps and 40%–65% of colorectal cancers, is recommended every 5 years for persons aged 50 years or older. However, colorectal cancer screening is underused and lags far behind screening for other cancers.

- In 1997, 70% of Americans aged 50 years or older reported not having had a sigmoidoscopy within the last 5 years.
- The prevalence of not having had a sigmoidoscopy during the past 5 years among Americans aged 50 years or older ranged from 59% in the District of Columbia to 85% in Oklahoma.

Percentage of Adults Aged 50 Years or Older Who Reported Not Having Had a Sigmoidoscopy in the Last 5 years, 1997



Source: CDC, Behavioral Risk Factor Surveillance System.

Percentage of Adults Aged 50 Years or Older Who Reported Not Having Had a Sigmoidoscopy in the Last 5 years, by State Rank, 1997

Rank	State	Percent	Rank	State	Percent
1	Oklahoma	84.5	27	Ohio	69.9
2	South Carolina	78.8	28	North Dakota	69.8
3	Arkansas	77.1	29	Utah	69.8
4	Indiana	76.1	30	Colorado	69.3
5	Nebraska	75.9	31	North Carolina	69.2
6	West Virginia	75.3	32	Oregon	69.2
7	Kentucky	74.7	33	Massachusetts	69.0
8	Montana	74.6	34	Washington	68.9
9	Mississippi	74.3	35	Arizona	68.7
10	Maryland	74.2	36	New York	68.3
11	Idaho	73.9	37	Pennsylvania	68.1
12	Louisiana	73.8	38	Maine	68.0
13	Tennessee	73.5	39	Rhode Island	67.3
14	New Mexico	73.0	40	Alaska	67.0
15	Texas	72.5	41	New Hampshire	66.6
16	Iowa	72.1	42	Virginia	66.5
17	South Dakota	72.1	43	Wisconsin	65.7
18	Vermont	71.5	44	Michigan	65.4
19	Florida	71.4	45	Connecticut	64.9
20	Nevada	70.9	46	California	64.6
21	Illinois	70.8	47	Delaware	62.9
22	Alabama	70.4	48	Georgia	61.5
23	Missouri	70.4	49	Minnesota	60.4
24	New Jersey	70.4	50	Hawaii	60.3
25	Kansas	70.1	51	District of Columbia	58.5
26	Wyoming	70.0	Median		70.0

Source: CDC, Behavioral Risk Factor Surveillance System.

Percentage of Adults Aged 50 Years or Older Who Reported Not Having Had a Sigmoidoscopy in the Last 5 years, by Sex, Race, and Ethnicity, 1997

State	Total	Male	Female	White	Black*	Asian/Pacific Islander*	American Indian/ Alaska Native*	Hispanic*
Alabama	70.4	64.1	75.1	71.7	63.5	—	—	—
Alaska	67.0	64.6	69.5	66.1	—	—	72.4	—
Arizona	68.7	64.6	71.9	68.2	—	—	—	—
Arkansas	77.1	74.4	79.2	75.6	89.1	—	—	—
California	64.6	59.9	68.3	61.9	72.2	75.7	—	68.9
Colorado	69.3	65.8	72.3	67.8	—	—	—	81.9
Connecticut	64.9	62.1	67.2	63.7	—	—	—	—
Delaware	62.9	57.1	67.7	62.0	69.4	—	—	—
District of Columbia	58.5	55.2	60.9	50.9	61.7	—	—	—
Florida	71.4	67.9	74.2	70.4	79.3	—	—	76.4
Georgia	61.5	56.3	65.6	60.6	63.8	—	—	—
Hawaii	60.3	54.2	65.9	62.3	—	59.3	—	59.3
Idaho	73.9	70.3	76.9	73.9	—	—	—	—
Illinois	70.8	64.6	75.3	68.9	74.0	—	—	—
Indiana	76.1	71.3	79.9	76.8	—	—	—	—
Iowa	72.1	66.7	76.2	71.8	—	—	—	—
Kansas	70.1	64.6	74.7	71.0	—	—	—	—
Kentucky	74.7	70.5	78.0	74.9	71.7	—	—	—
Louisiana	73.8	71.0	75.9	74.6	71.4	—	—	—
Maine	68.0	66.2	69.4	68.5	—	—	—	—
Maryland	74.2	65.8	81.1	75.9	66.4	—	—	—
Massachusetts	69.0	59.3	76.8	67.9	—	—	—	—
Michigan	65.4	63.2	67.3	65.1	69.0	—	—	—
Minnesota	60.4	55.1	64.8	60.0	—	—	—	—
Mississippi	74.3	74.4	74.3	74.0	75.2	—	—	—
Missouri	70.4	67.8	72.3	69.8	73.2	—	—	—
Montana	74.6	74.0	75.1	74.7	—	—	—	—
Nebraska	75.9	70.7	80.2	75.7	84.0	—	—	—
Nevada	70.9	60.6	80.0	70.5	—	—	—	—
New Hampshire	66.6	58.9	73.2	66.5	—	—	—	—
New Jersey	70.4	62.2	76.7	68.6	78.3	—	—	—
New Mexico	73.0	66.3	78.6	69.6	—	—	—	79.6
New York	68.3	63.1	56.9	68.8	63.9	—	—	63.4
North Carolina	69.2	65.7	72.0	69.8	63.8	—	—	—
North Dakota	69.8	66.4	72.7	69.7	—	—	—	—
Ohio	69.9	63.1	75.3	69.8	72.0	—	—	—
Oklahoma	84.5	86.3	83.0	84.4	—	—	—	—
Oregon	69.2	64.9	72.8	69.5	—	—	—	—
Pennsylvania	68.1	61.5	73.0	68.2	63.2	—	—	—
Rhode Island	67.3	62.7	70.8	67.1	—	—	—	—
South Carolina	78.8	75.0	81.8	78.1	81.4	—	—	—
South Dakota	72.1	65.5	77.4	72.4	—	—	—	—
Tennessee	73.5	73.1	73.9	73.2	76.9	—	—	—
Texas	72.5	70.1	74.6	71.6	74.6	—	—	78.9
Utah	69.8	62.0	74.6	69.5	—	—	—	—
Vermont	71.5	66.9	75.3	71.1	—	—	—	—
Virginia	66.5	62.8	69.5	65.8	68.4	—	—	—
Washington	68.9	65.0	72.2	68.8	—	—	—	—
West Virginia	75.3	72.0	77.8	75.2	—	—	—	—
Wisconsin	65.7	61.3	69.3	65.1	—	—	—	—
Wyoming	70.0	67.4	72.2	70.3	—	—	—	—
United States	70.0	65.0	74.2	69.7	71.9			76.4

*A dash indicates that the sample had fewer than 50 respondents in this category.

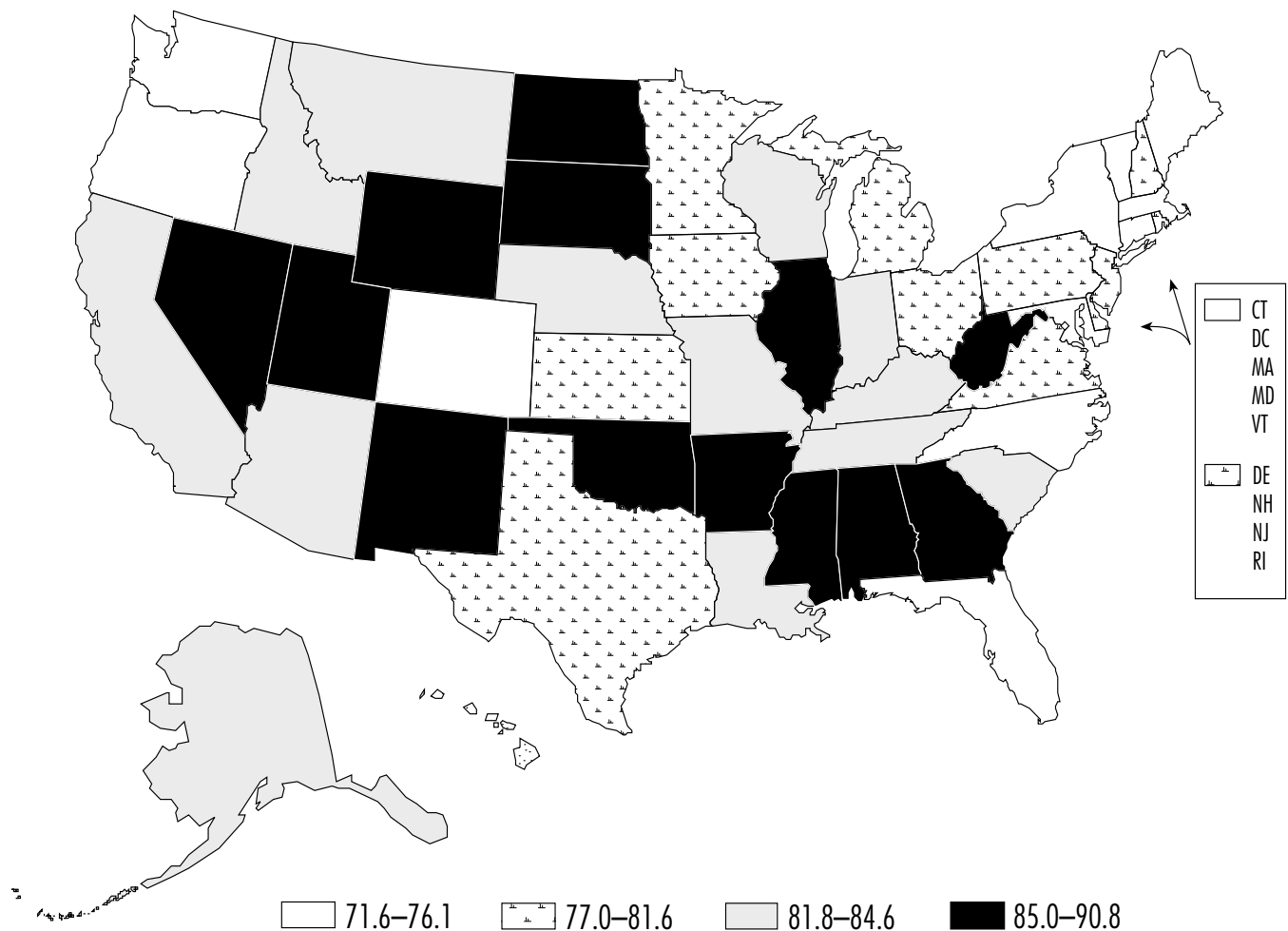
Source: CDC, Behavioral Risk Factor Surveillance System.

Lack of Fecal Occult Blood Test

Studies have shown that annual fecal occult blood tests can reduce the number of colorectal cancer deaths by one-third. The American Cancer Society recommends an annual fecal occult blood test for people aged 50 years or older. However, colorectal cancer screening is underused and lags far behind screening for other cancers.

- In 1997, 82% of Americans aged 50 years or older reported not having had a fecal occult blood test within the last year.
- The prevalence of not having had a fecal occult blood test within the past year among Americans aged 50 years or older ranged from 72% in Maine to 91% in Mississippi.

Percentage of Adults Aged 50 Years or Older Who Reported Not Having Had a Fecal Occult Blood Test Within the Last Year, 1997



Source: CDC, Behavioral Risk Factor Surveillance System.

Percentage of Adults Aged 50 Years or Older Who Reported Not Having Had a Fecal Occult Blood Test Within the Last Year, By State Rank, 1997

Rank	State	Percent	Rank	State	Percent
1	Mississippi	90.8	27	Ohio	81.6
2	Nevada	89.3	28	Iowa	81.4
3	Oklahoma	89.1	29	Texas	80.5
4	West Virginia	88.1	30	Virginia	80.2
5	Arkansas	86.6	31	Rhode Island	78.9
6	Alabama	85.7	32	Hawaii	78.4
7	Wyoming	85.7	33	New Jersey	78.3
8	Illinois	85.6	34	Minnesota	78.1
9	Georgia	85.3	35	Pennsylvania	78.0
10	North Dakota	85.3	36	Michigan	77.6
11	Utah	85.3	37	Delaware	77.5
12	New Mexico	85.0	38	Kansas	77.0
13	South Dakota	85.0	39	New Hampshire	77.0
14	Alaska	84.6	40	Florida	76.1
15	South Carolina	84.5	41	Oregon	76.1
16	Tennessee	84.1	42	Colorado	76.0
17	Indiana	84.0	43	Connecticut	75.8
18	California	83.6	44	Washington	75.6
19	Montana	83.4	45	New York	75.2
20	Arizona	83.2	46	Maryland	74.9
21	Louisiana	83.1	47	District of Columbia	74.4
22	Missouri	82.8	48	Vermont	73.4
23	Wisconsin	82.8	49	North Carolina	72.8
24	Idaho	82.5	50	Massachusetts	71.9
25	Nebraska	82.2	51	Maine	71.6
26	Kentucky	81.8	Median		81.8

Source: CDC, Behavioral Risk Factor Surveillance System.

Percentage of Adults Aged 50 Years or Older Who Reported Not Having Had a Fecal Occult Blood Test Within the Last Year, By Sex, Race, and Ethnicity, 1997

State	Total	Male	Female	White	Black*	Asian/Pacific Islander*	American Indian/ Alaska Native*	Hispanic*
Alabama	85.7	84.8	86.4	86.7	80.8	—	—	—
Alaska	84.6	85.3	83.9	84.4	—	—	87.7	—
Arizona	83.2	80.3	85.4	83.5	—	—	—	—
Arkansas	86.6	86.1	87.1	85.4	97.0	—	—	—
California	83.6	86.7	81.0	80.3	81.1	97.5	—	92.4
Colorado	76.0	75.0	76.9	75.9	—	—	—	87.5
Connecticut	75.8	78.2	73.9	75.2	—	—	—	—
Delaware	77.5	75.9	78.8	77.2	78.7	—	—	—
District of Columbia	74.4	75.4	73.6	68.9	76.8	—	—	—
Florida	76.1	77.8	74.6	73.8	—	—	—	88.7
Georgia	85.3	85.9	84.7	84.1	88.1	—	—	—
Hawaii	78.4	81.6	75.3	83.0	—	76.2	—	74.3
Idaho	82.5	85.6	79.7	81.8	—	—	—	—
Illinois	85.6	85.6	85.6	86.3	73.9	—	—	—
Indiana	84.0	86.0	82.3	84.6	—	—	—	—
Iowa	81.4	82.6	80.5	81.7	—	—	—	—
Kansas	77.0	77.6	76.6	77.3	—	—	—	—
Kentucky	81.8	84.6	79.6	82.4	71.8	—	—	—
Louisiana	83.1	83.9	82.6	83.8	77.7	—	—	—
Maine	71.6	74.7	69.0	71.2	—	—	—	—
Maryland	74.9	75.4	74.5	74.8	75.5	—	—	—
Massachusetts	71.9	78.9	66.3	71.1	—	—	—	—
Michigan	77.6	80.4	75.3	76.8	83.3	—	—	—
Minnesota	78.1	79.3	77.1	77.7	—	—	—	—
Mississippi	90.8	93.9	88.3	90.9	89.7	—	—	—
Missouri	82.8	84.8	81.3	83.1	78.9	—	—	—
Montana	83.4	87.0	80.3	83.4	—	—	—	—
Nebraska	82.2	84.2	80.5	82.5	75.5	—	—	—
Nevada	89.3	86.4	91.9	88.2	—	—	—	—
New Hampshire	73.2	77.0	73.2	73.5	—	—	—	—
New Jersey	78.3	78.5	78.2	78.3	77.6	—	—	—
New Mexico	85.0	87.6	82.8	84.9	—	—	—	84.2
New York	75.2	74.7	75.6	77.5	56.7	—	—	71.4
North Carolina	72.8	76.9	69.4	71.5	78.6	—	—	—
North Dakota	85.3	89.2	81.9	85.8	—	—	—	—
Ohio	81.6	81.8	81.4	81.3	83.0	—	—	—
Oklahoma	89.1	90.8	87.8	89.2	—	—	—	—
Oregon	76.1	80.0	72.9	76.1	—	—	—	—
Pennsylvania	78.0	78.8	77.4	77.9	77.8	—	—	—
Rhode Island	78.9	81.7	76.7	78.4	—	—	—	—
South Carolina	84.5	86.5	83.0	83.0	88.1	—	—	—
South Dakota	85.0	86.4	83.9	84.9	—	—	—	—
Tennessee	84.1	87.3	81.5	83.5	89.5	—	—	—
Texas	80.5	79.4	81.3	77.2	81.1	—	—	94.2
Utah	85.3	85.9	84.8	85.6	—	—	—	—
Vermont	73.4	74.9	72.3	73.2	—	—	—	—
Virginia	80.2	81.9	78.8	80.4	80.7	—	—	—
Washington	75.6	80.3	71.5	75.4	—	—	—	—
West Virginia	88.1	88.6	87.7	88.3	—	—	—	—
Wisconsin	82.8	84.5	81.5	82.1	—	—	—	—
Wyoming	85.7	87.5	84.1	85.6	—	—	—	—
United States	80.2	81.7	79.1	79.5	79.3	89.9	86.4	87.3

*A dash indicates that the state sample had fewer than 50 respondents in this category.

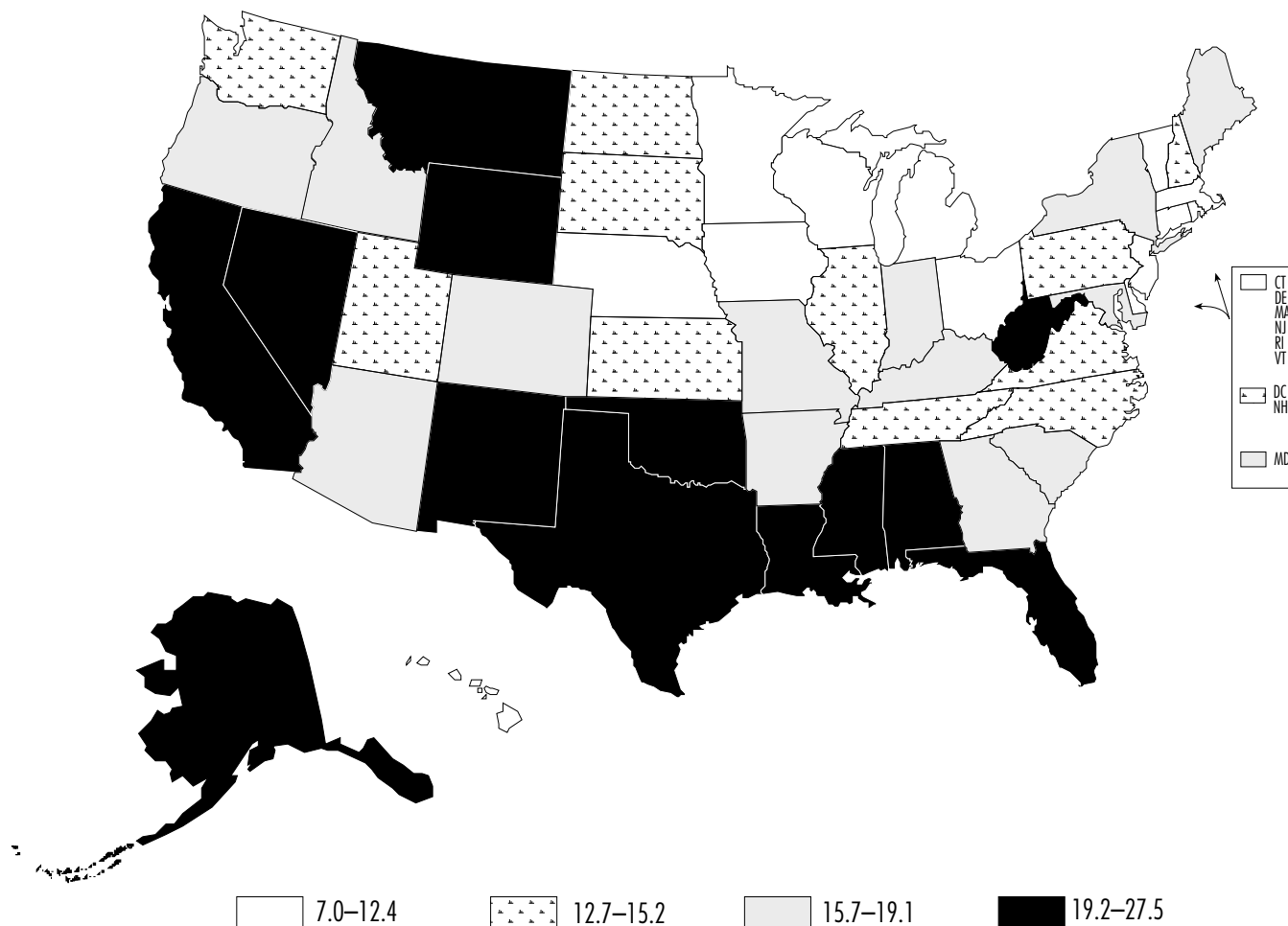
Source: CDC, Behavioral Risk Factor Surveillance System.

No Health Care Coverage

The U.S. health care system is rapidly changing. Many of these changes are related to the health care coverage options available. Health care coverage includes health insurance, prepaid plans such as HMOs, and government plans such as Medicaid and Medicare. As the health care system evolves, health care plans need to ensure access to affordable, high-quality preventive services (e.g., screening for early detection) for all Americans.

- Among adults aged 18–64 years, men were slightly more likely than women to have no health care coverage in 1998.
- The prevalence of having no health care coverage among U.S. adults aged 18–64 years ranged from 7% in Hawaii to 28% in Texas.
- Hispanics were almost three times more likely than whites to report having no health care coverage.

Percentage of Adults Aged 18–64 Years Who Reported Having No Health Care Coverage, 1998



Source: CDC, Behavioral Risk Factor Surveillance System

Percentage of Adults Aged 18–64 Years Who Reported Having No Health Care Coverage, by State Rank, 1998

Rank	State	Percent	Rank	State	Percent
1	Texas	27.5	27	North Carolina	15.2
2	Louisiana	25.9	28	South Dakota	15.2
3	New Mexico	25.7	29	Tennessee	14.8
4	Mississippi	22.5	30	Utah	13.8
5	Florida	22.4	31	Virginia	13.8
6	Oklahoma	22.4	32	New Hampshire	13.7
7	Alaska	21.8	33	District of Columbia	13.0
8	Montana	21.3	34	Illinois	13.0
9	California	21.2	35	Kansas	13.0
10	West Virginia	20.6	36	Pennsylvania	12.9
11	Wyoming	20.2	37	Washington	12.8
12	Alabama	19.5	38	North Dakota	12.7
13	Nevada	19.2	39	Vermont	12.4
14	Arkansas	19.1	40	Michigan	11.9
15	South Carolina	18.7	41	New Jersey	11.8
16	Idaho	18.3	42	Rhode Island	11.7
17	Colorado	17.3	43	Iowa	10.8
18	Kentucky	17.3	44	Connecticut	10.6
19	Georgia	16.9	45	Massachusetts	10.5
20	New York	16.6	46	Ohio	10.4
21	Indiana	15.9	47	Wisconsin	10.0
22	Missouri	15.9	48	Minnesota	9.9
23	Arizona	15.8	49	Nebraska	9.8
24	Oregon	15.8	50	Delaware	9.7
25	Maine	15.7	51	Hawaii	7.0
26	Maryland	15.7	Median		15.7

Source: CDC, Behavioral Risk Factor Surveillance System.

Percentage of Adults Aged 18–64 Years Who Reported Having No Health Care Coverage, by Sex, Race, and Ethnicity, 1998

State	Total	Male	Female	White	Black*	Asian/Pacific Islander*	American Indian/ Alaska Native*	Hispanic*
Alabama	19.5	20.1	19.0	16.7	30.0	—	—	16.0
Alaska	21.8	23.7	19.7	18.1	—	—	37.9	33.0
Arizona	15.8	15.3	16.3	8.5	—	—	—	35.0
Arkansas	19.1	19.1	19.2	17.9	27.8	—	—	—
California	21.2	23.1	19.3	13.5	18.9	13.7	—	36.7
Colorado	17.3	19.4	15.2	11.9	—	—	—	39.9
Connecticut	10.6	11.5	9.7	8.7	17.5	9.8	—	25.3
Delaware	9.7	10.9	8.5	8.0	15.4	—	—	17.7
District of Columbia	13.0	16.1	10.1	7.5	15.9	—	—	21.5
Florida	22.4	23.6	21.3	18.2	27.4	—	—	34.8
Georgia	16.9	16.4	17.4	15.6	18.7	—	—	21.1
Hawaii	7.0	6.5	7.5	7.9	—	6.2	—	6.4
Idaho	18.3	19.8	16.8	17.6	—	—	—	26.8
Illinois	13.0	13.4	12.5	9.7	17.3	21.9	—	27.1
Indiana	15.9	16.5	15.4	15.1	22.3	—	—	26.4
Iowa	10.8	11.1	10.4	10.2	—	—	—	19.7
Kansas	13.0	14.4	11.5	10.9	22.2	—	—	22.4
Kentucky	17.3	17.8	16.9	16.8	26.1	—	—	—
Louisiana	25.9	23.7	27.9	18.8	38.0	—	—	39.8
Maine	15.7	17.7	13.8	15.1	—	—	—	—
Maryland	15.7	16.3	15.2	12.4	21.6	23.6	—	21.8
Massachusetts	10.5	13.2	7.9	9.5	11.2	8.0	—	26.6
Michigan	11.9	13.3	10.5	11.3	13.9	—	—	7.8
Minnesota	9.9	11.7	8.0	9.7	14.4	—	—	9.2
Mississippi	22.5	21.6	23.3	18.1	29.6	—	—	—
Missouri	15.9	15.4	16.3	14.8	22.7	—	—	16.8
Montana	21.3	24.0	18.7	21.1	—	—	—	—
Nebraska	9.8	10.9	8.8	9.1	11.6	—	—	22.5
Nevada	19.2	17.6	20.8	18.0	31.0	—	—	25.1
New Hampshire	13.7	16.0	11.3	13.7	—	—	—	—
New Jersey	11.8	11.9	11.7	9.1	17.2	15.5	—	25
New Mexico	25.7	23.4	27.9	17.7	—	—	42.9	32.8
New York	16.6	19.9	13.3	13.4	21.9	26.0	—	26
North Carolina	15.2	16.2	14.2	13.5	18.1	—	—	31.8
North Dakota	12.7	13.9	11.3	11.3	—	—	40.3	—
Ohio	10.4	9.2	11.7	9.9	15.9	—	—	2.7
Oklahoma	22.4	22.0	22.7	20.5	23.5	—	29.8	—
Oregon	15.8	15.3	16.4	14.2	—	—	—	29.7
Pennsylvania	12.9	13.8	12.0	11.5	21.4	—	—	26.3
Rhode Island	11.7	13.6	9.8	10.3	22.4	—	—	24.5
South Carolina	18.7	19.2	18.3	15.3	25.9	—	—	32.3
South Dakota	15.2	16.8	13.5	14.1	—	—	30.1	—
Tennessee	14.8	16.0	13.8	13.5	21.7	—	—	—
Texas	27.5	27.1	28.0	15.8	28.1	19.8	—	48.7
Utah	13.8	13.5	14.1	12.5	—	—	—	27.8
Vermont	12.4	14.2	10.6	12.3	—	—	—	—
Virginia	13.8	14.1	13.6	11.0	20.4	—	—	25.8
Washington	12.8	14.4	11.2	12.0	17.7	8.3	—	21.4
West Virginia	20.6	21.1	20.0	20.4	—	—	—	—
Wisconsin	10.0	10.1	9.9	9.1	17.1	—	—	—
Wyoming	20.2	19.4	21.0	19.2	—	—	—	32.7
United States	16.8	17.7	16.0	13.1	22.1	15.9	24.9	32.5

*A dash indicates that the state sample had fewer than 50 respondents in this category.

Source: CDC, Behavioral Risk Factor Surveillance System.

